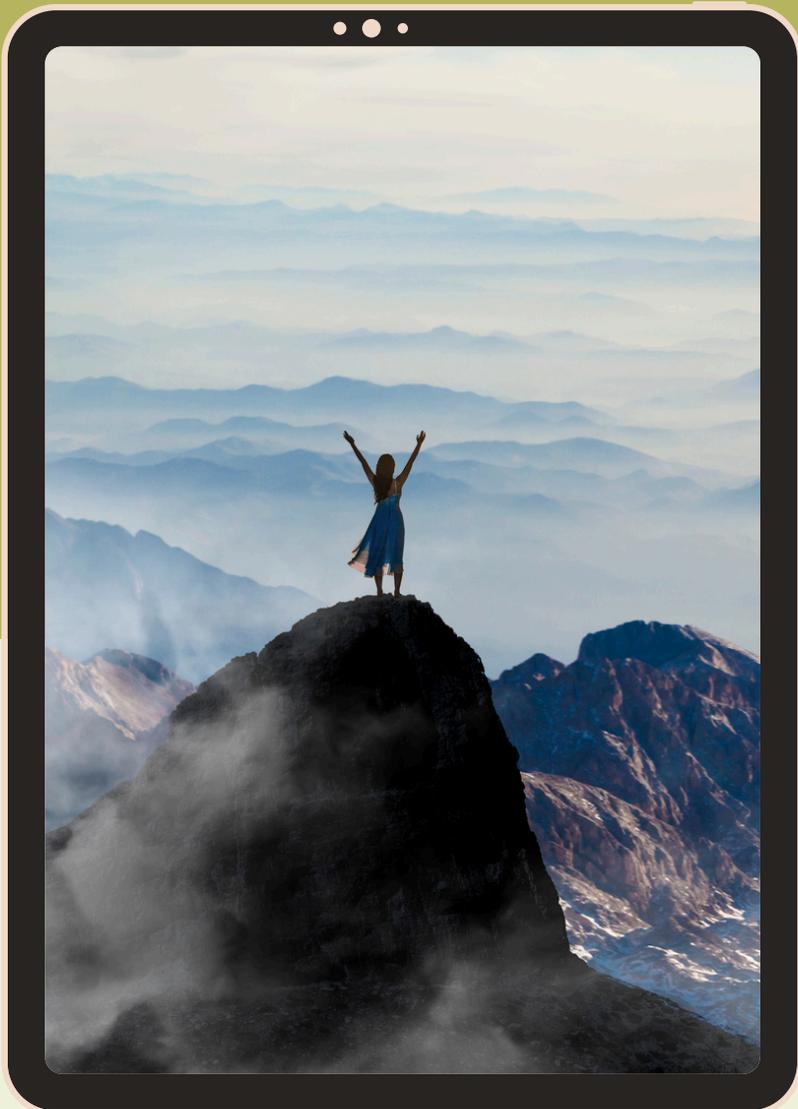


FREE E-BOOK

ZEN ESSENCE:

*THE SCIENCE
OF FREEDOM*



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Dear Friend:

In this free e-book, I share some of my favorite quotes from the book *Zen Essence: The Science of Freedom*. This was one of my first Zen books which made a huge impact in my life during my early years of Zen training and is still one of my favorite resources of guidance for daily life.

Alex F. Crenshaw, MBA
Zen Institute Founder

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THE NORMAL MIND

The Way does not require cultivation -just don't pollute it. What is pollution? As long as you have a fluctuating mind fabricating artificialities and contrivances, all of this is pollution.

If you want to understand the Way directly, the normal mind is the Way. What I mean by the normal mind is the mind without artificiality, without subjective judgments, without grasping or rejection.

THE ROOT

Just end the mental objectivization of the world. A single thought of the wandering mind is the root of birth and death in the world. Just don't have a single thought and you'll get rid of the root of birth and death

THE OCEANIC REFLECTION

Human delusions of time immemorial: deceit, pride, deviousness, and conceit, have conglomerated into one's body. That is why scripture says that this body is just made of elements, and its appearance and disappearance is just that of elements, which have no identity. When successive thoughts do not await one another, and each thought dies peacefully away, this is called absorption in the oceanic reflection.

DELUSION AND ENLIGHTENMENT

Delusion means you are not aware of your own fundamental mind, enlightenment means you realize your own fundamental essence. Once enlightened, you do not become deluded anymore.

If you understand mind and objects, then false conceptions do not arise, when false conceptions do not arise, this is acceptance of the beginninglessness of things. You have always had it, and you have it now-there is no need to cultivate the Way and sit in meditation.

YOUR TREASURE

My teacher said to me: “The treasure house within you contains everything, and you are free to use it. You don’t need to seek outside”

SELF-CONFIDENCE

What I point out to you is only that you shouldn’t allow yourselves to be confused by others. Act when you need to, without further hesitation or doubt. People today can’t do this, what is their affliction? Their affliction is in their lack of self-confidence.

If you do not spontaneously trust yourself sufficiently, you will be in a frantic state, pursuing all sorts of objects and being changed by those objects, unable to be independent.

NO OBSESSION

It is most urgent that you seek real, true perception and understanding, so you can be free in the world and not be confused by ordinary spiritualists.

It is best to have no obsessions. Just don't be contrived. Simply be normal.

You impulsively seek elsewhere, looking to others for your own hands and feet. This is already mistaken.

AUTONOMY

Just be autonomous wherever you are, and right there is realization. Situations that come up cannot change you. Even if you have bad habits, you will spontaneously be liberated from them.

THE FREE SELF

If you want to be free, get to know your real self. It has no form, no appearance, no root, no basis, no abode, but is lively and buoyant. It responds with versatile facility, but its function cannot be located. Therefore when you look for it you become further from it, when you seek it you turn away from it all the more.

NO CONCERN

Just put thoughts to rest and don't seek outwardly anymore. When things come up, then give them your attention, just trust what is functional in you at present, and you have nothing to be concerned about.

OBJECTIVE PERCEPTION AND UNDERSTANDING

If you want to perceive and understand objectively, just don't allow yourself to be confused by people. Detach from whatever you find inside or outside yourself -detach from religion, tradition, and society, and only then will you attain liberation. When you are not entangled in things, you pass through freely to autonomy.

SLAVERY

When I say there is nothing outside, students who do not understand me interpret this in terms of inwardness, so they sit silent and still, taking this to be Zen practice.

This is a big mistake. If you take a state of unmoving clarity to be Zen, you are recognizing ignorance as a slave master.

DEEP AND SHALLOW

If I were to explain the source of Zen, there wouldn't be a single person around, let alone a group of five hundred or seven hundred. If I talk about this and that, however, you race forward to pick it up. This is like fooling a child with an empty fist.

ZEN TEACHING

I have no doctrine to give people – I just cure ailments and unlock fetters.

SUPERNORMAL CAPACITIES

You do not need supernormal capacities, because these are outgrowths of enlightenment. For now, you need to know the mind and get to its source.

THE BASIS OF ZEN

The teaching of the Mind ground is the basis of Zen study. The Mind ground is the great awareness of being as is.

ZEN ESSENCE

The sixth ancestor of Zen said to someone who had just been awakened. "What I tell you is not a secret. The secret is in you."

Another Zen master said to a companion. "Everything flows from your own heart."

TIME AND TIME OUT

When will you ever stop competing? Before you realize it, the scenery of spring has turned to autumn. The leaves fall, the geese migrate, the frost gradually grows colder. Clothed and shod, what more do you seek? Your only competition is your own ignorance.

DIRECT POINTING TO BASIC MIND

Few people believe their inherent mind is Awakened. Most will not take this seriously, and therefore are cramped. They are wrapped up in illusions, cravings, resentment, and other afflictions, all because they love the cave of ignorance.

Next Steps



Are you ready to transform your life and explore our coaching programs to achieve your personal or corporate goals?

Schedule a Free 30-minute consultation on the following link: <https://calendly>.

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