

Zen: (Chinese Ch'an) A form of very ancient Taoism which traveled to India and then back to China and then spread to Japan.

The word means "meditation." Zen (and true Taoism not folk Taoism) differ markedly from traditional Buddhism, abhorring images and rituals, scriptures and metaphysics. There are two sects in Japan. Rinzai Zen uses "Koan's" (a paradoxical riddle) to shock one into sudden enlightenment; Soto Zen stresses contemplation.

Zen has only one purpose: God-self-realization.

God-self-realization or spiritual enlightenment does not belong to, and was not created by any religion, group or individual person.

True meditation is the natural inclination of the soul (the real you) to return to its normal state and condition of eternal life and stillness.