

WHAT ZEN PRACTICE IS

Charlotte Joko Beck, *Everyday Zen*

- ~Practice is about experiencing the truth of who we really are.
- ~Practice is about being with our life as it is, not as we would like it to be.
- ~Practice is about the clash between what we want and what is.
- ~Practice is about the transformation of our unnecessary suffering.
- ~Practice is about attending to, [and] experiencing, wherever we are stuck, whatever we're holding, whatever blocks us from our true nature.
- ~Practice is about turning away from constantly seeking comfort and from trying to avoid pain.
- ~Practice ultimately deals with just one thing: the fear at the base of human existence—the fear that I am not.
- ~Practice is about willingly residing in whatever life presents to us.
- ~Practice is about seeing through our belief systems; so even if they remain, they no longer run us.
- ~Practice is about turning from a self-centered view to a life-centered view.
- ~Practice is about learning to be happy, but we will never be happy until we truly experience our unhappiness.
- ~Practice is about slowly increasing our awareness of who we are and how we relate to life.
- ~Practice is about moving from a life of drama to a life of no drama.
- ~Practice is about finally understanding the paradox that although everything is a mess, all is well.
- ~Practice is about learning to say “Yes” to everything, even when we hate it.
- ~Practice always comes back to just the willingness to be