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THE FIVE EXPRESSIONS OF ZEN PRACTICE  
SET OF SIX CD'S FROM THE LECTURE SERIES BY  
ROSHI ENKYO O'HARA

Roshi Enkyo outlines a way of understanding the path of Zen as a cultivation of skill in five domains: Meditation, Study, Communication, Action, and Caring. These Five Expressions of



Zen derive from an esoteric Buddhist formulation of the qualities of awakening, corresponding to the Buddha Families of Buddha, Vajra, Padma, Karma, and Ratna. These qualities serve both as paths to awakening, and as expressions of awakening. Thus, as we practice these expressions, we manifest the life of wisdom and compassion. Like all paths, there are also detours and stumbling blocks. Each of the qualities can be distorted and turn into unskillful expression. This series of lectures reveals the subtle traits of each of the expressions, how their skillful aspects can be cultivated, and their unskillful attributes can be recognized and transformed.

**To Meditate:**

To clear the mind, to meet reality, to discover peace and joy. Its positive force is stillness. Its distorted aspect is hiding or indifference.

**To Study:**

To investigate teachings of freedom from suffering, we study the self through classical Buddhist texts, ancient and modern koans. The distorted aspect of this practice can reveal itself in an angry attachment to a particular view, or reliance on one mode of knowing.

**To Communicate:**

To express one's true nature, through speaking, writing, music, arts and body. Its distorted form is grasping for approval at the cost of true expression.

**To Act:**

To act and thereby serve the world, community, family and self. The twisted form of action is mindless activity and judgment and comparison toward self and others.

**To Care:**

To care for and grow the resources and assets of oneself, one's family, community, and the world. Deformed stewardship can be greed or ignoring responsibilities associated with money, property, resources.

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