

Ocean Zendo

~ Basic Zen Vocabulary ~

Sensei: Teacher

Zazen: Sitting meditation

Kinhin: Walking mediation

Zazenkai: An "all day retreat", held on the last Saturday of every month, with some exceptions which will be posted on our website as they arise.

Dokusan: A face to face meeting with a teacher, to discuss one's practice, considered an essential form of Zen practice. Dokusan is typically done during Zazenkai, and sesshin, or by arrangement with the teacher.

Koan Study: A koan is a story, dialogue, question, or statement, which is used in Zen practice to clarify a student's perspective. Koan study is undertaken with a koan teacher in dokusan.

Sesshin: An extended training period where the sangha gathers together. Ocean Zendo holds a yearly 5 day sesshin on Shelter Island, NY.

