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By Heinrich Dumoulin

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21st Century Zen gives you what I firmly believe is the correct reason why meditation works. Using a rational argument, It connects meditation to achieving the common human goal " happiness. It takes the mystery out of mysticism. Playing dressy-up in robes and mimicking 6th Century Japanese monks has nothing constructive to add, even if living in isolated conditions for a time, which for some, does help. Tradition for it's own sake is simply another diversion. Ritual, when incorporated as a device rather than superstition, can be helpful in establishing routines conducive to awareness. Zen Buddhism is a mixture of Indian Mahayana Buddhism and Taoism. It began in China, spread to Korea and Japan, and became very popular in the West from the mid 20th century. The essence of Zen is attempting to understand the meaning of life directly, without being misled by logical thought or language. Zen techniques are compatible with other faiths and are often used, for example, by Christians seeking a mystical understanding of their faith. Zen often seems paradoxical - it requires an intense discipline which, when practised properly, results in total spontaneity and ultimate freedom. This