

Online Zen-Evening

Twice a month, the non-profit Zen Center Tao Chan in Wiesbaden offers for those who are interested the opportunity to participate in an online Zen evening from home. Until further notice, these events will take place online using Zoom, which is free of charge to use.

The Zen evening can be an inspiring spiritual experience for anyone, regardless of prior knowledge or religious affiliation. Zen meditation offers the opportunity to gain insight into the deep, fundamental nature of our true being.

The Zen evening begins with an introduction to Zen meditation by our authorised Zen teachers. These are long-time students of Zen Master Zensho. During the introduction, the posture, breathing and awareness during sitting and walking meditation are explained in detail live via webcam.

The introduction is especially suitable for beginners and first-time participants. A webcam is advantageous so that the Zen teachers can provide a good introduction to the participants on meditation and also correct the sitting posture if necessary. Personal questions will be addressed directly.

After the introduction, the main part of the Zen evening begins. This consists of two sitting meditations (each approx. 20 min.) and a walking meditation (approx. 10 min.) with live accompaniment by a Zen teacher.

The real highlight of the Zen evening is a talk by Zensho (approx. 45 min.), which is only shown at an online Zen evening. In Zensho's talks we experience that unconditional love and spiritual power that can only be felt through an enlightened master.

There is also the possibility for all participants of the Zen evening to get in touch with Zensho and ask him short questions. These questions can be submitted by email together with a portrait photo (with name, age and place of residence) of the participant. The personal answer from Zensho to the participant will be sent promptly by e-mail. This opens a very special opportunity for a heart-to-heart encounter with the master that can form the foundation for later becoming a student of the master.

Itinerary for the Online Zen-Evening

- 7:00pm CET: introduction
- 7:30pm: Meditation start:
 - Meditation in sitting (20 min.)
 - Walking meditation (10 min.)
 - Meditation in sitting (20 min.)
- 8:20pm: short break (10 min.)
- 8:30pm: Online video-talk by Zensho
- ca. 9:15pm: End of the event

Would you like to take part in the Online Zen-Evening?

Just click on the button **Information and registration** and tell us the date you would like to attend.

We look forward to hearing from you!

Best greetings

Your Zen Center Tao Chan