

The Association Bouddhiste Zen

d'Europe is an association whose members practice and lead the practice of Sōtō Zen Buddhism in dojos and zazen groups. They organize sesshins and sessions in France, Belgium, Germany, Switzerland, Italy and Spain.

The ABZE strives to introduce the practice of Sōtō Zen Buddhism through conferences, training courses, sesshins and daily practice in the dojos.

The association provides training for the teachers, to permit the transmission of the Sōtō Zen, in a total respect of the essence of this tradition.

It works in a spirit of open-mindedness and cooperation with organizations pursuing similar aims, especially the International Zen Association, the Sōtōshu Shumicho and the Buddhist Union of France, as well as different Buddhist unions in Europe.

It uses its website to spread information and teachings to all interested publics.

It writes up publications about the meaning and the practice of the Sōtō Zen Buddhism and distribute them.

It promotes inter-religious dialogue.

Knowing the importance of ethics and ecology, it encourages its members to adopt a responsible attitude in the various sectors of life: individual, familial, professional and social.

Master Taisen Deshimaru

Master Taisen Deshimaru came to France in 1967. For 15 years he continued to transmit the faith in the Zen practice to his many disciples. His strong and generous energy allowed the creation of a hundred dojos and zazen groups, spread over four continents.

He also founded the first Zen temple in the Western hemisphere, The Gendronnière, as well as the International Zen Association. Master Deshimaru died in 1982.

Master Yūnō Rech

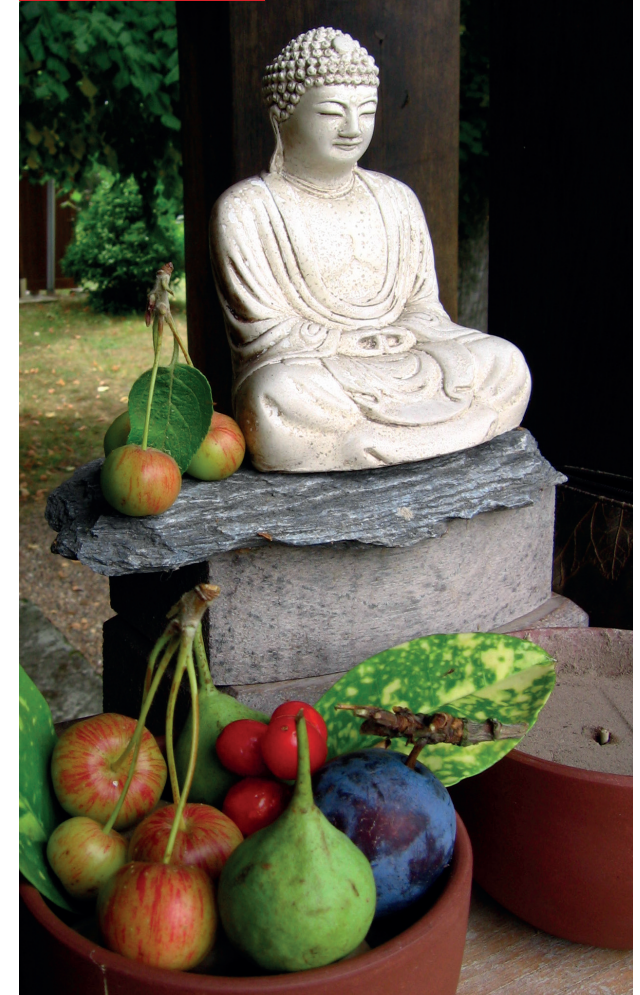
Master Roland Yūnō Rech was ordained as Zen monk in 1974 by Master Deshimaru. While working in the industry, he actively helped his Master in his mission. After the death of Master Deshimaru, he received the transmission from Master Niwa Zenji and continued teaching Zen as a member of the International Zen Association, which he presided for 12 years. In 1997, he settled in Nice and founded the Gyōbutsuji temple while pursuing his teaching mission, leading sesshins throughout the whole Europe.

La Transmission

The transmission is continuing: Master Yuno Rech has today transmitted the shiho to some close disciples (refer to the list in www.abzen.eu)

Zen Buddhist Association of Europe

ENGLISH



Association
Bouddhiste **Zen**
d'Europe

www.abzen.eu
27 avenue Jean Médecin
06000 Nice, France
Email: info@abzen.eu

The Association Bouddhiste Zen d'Europe has been created by Master Yūnō Rech and his disciples in July 2007.

Its main aim is to organize and spread the practice of the Buddhism Zen Sōtō transmitted from Buddha Shakyamuni by the Masters Bodhidharma, Tōsan, Dōgen, Keizan, Kōdō Sawaki, Taisen Deshimaru, Niwa Rempo, Yūnō Rech and his successors. The Association organizes the practice, the study and the transmission of the fundamental principles of this tradition, while adapting it to the current living conditions in Europe.



Master Roland Yūnō Rech in zazen.

Its members have faith in the Awakening of Shakyamuni and strive to practice all his teachings, and in particular the four Noble Truths and the six Paramitas (generosity, ethics, patience, diligence, meditation and wisdom) and to

respect Buddha, his teaching and the community of all those who practice this teaching. They vow to awaken to the profound dimension of the Way and share with all beings the practice of this Enlightenment, by helping all beings to remedy the attachments which cause suffering. Moreover, they study and practice the teachings of the Buddha and the Masters of the transmission of the Sōtō Zen.



Sesshin in the Grube Louise.

According to the teaching of Master Dōgen, the meditation in zazen is not a technique among others, but the practice of the Awakening and the source of all other practices. It is practiced with the greatest simplicity and the greatest sobriety: that is to say, just sitting and giving up all other concerns (shikantaza) with a mind that attached itself to nothing (hishiryo), without greed or hatred for anything (mushotoku).

This pure practice is in itself the actualization of the Enlightenment.

There is no separation or opposition between meditation, rituals and daily life.

Practicing, studying the teachings and the Awakening are not separated.

All beings and Buddha are neither fundamentally different, nor separated. They are interdependent and share the same “Buddha nature.”

He who lives in harmony with the Dharma, which expresses the profound nature of all that exists, is awakened, is Buddha.

Everything exists through the interdependence of causes and conditions. Nothing and no one exists alone: this implies a deep sense of responsibility, in words and in actions, and respect for others and for all forms of life (ethics and ecology).

Even if the practice of Zen Buddhism promotes the wellbeing for everyone, it is not reduced to a personal development technique and ABZE ensures that the teaching expresses this true spiritual dimension.



Master Taisen Deshimaru. Photo: www.zen-azi.org.

Our practice is a practice of “liberation” of all causes of suffering, linked to our greed, our aggressiveness and our ignorance, which are the three basic poisons referred to by the Buddha. Therefore, it remains crucial for each of us to make sure to avoid the development of phenomena as rivalry, as ascendancy, as power abuse and other attachments that often pervert the functioning of organizations, especially churches and other so-called “spiritual” communities. Being able to be aware of these phenomena should they occur, and remedy them, is part of the training of the teachers and of the practice of each of us: it implies wisdom and vigilance.