

## Reading Response 6

The reading in chapter 2 emphasizes meditation as the most important practice of Zen Buddhism, and describes it as nonddoing being the path to understanding the true nature of the self. This exploration into the self via meditation reveals that this self is not separate from the universe, though it also reveals that the conventional self is not the one worth suffering over. This separation is interesting to me as it teaches there still is some essence of a self existing in the universe, though it isn't the same as what we percieve the conventional self to be.

Going further, some of Uchiyama's teachings that most impacted me were those that emphasized community in supporting one's meditation practice. It made me wonder where one would find a community like that to support and be compassionate about this practice as someone who comes from a family where a vast majority of the members are Christian. Beyond this though the accepting of both joy and suffering in life, bloom and decay, would make peace come easier. In practice I can say that this is the case, as it provides a source of solace in times of distress such as losing someone important or dealing with failure in general.