

Zen - The art of simple living

SUNMOYO MASONO

Regular life

- stress ↑

- worry ↑

- World not going the way I want
- Simply change yourself.
- Zen - Habits, ideas and way of life
- Others values - X

Live simple life ✓

I 30 Ways to Energise yourself

30 ways -

1. Make time of emptying yourself.

- DO nothing. Emptiness.

2. Wake up 15 minutes earlier

We are lazy because I have
no room in your heart

• Deep breathing.

• Looking in spy.

3. Savour the morning fresh Air.

4. Lene up your shoes when u take it off.

• Those who can't know their foot step - can't control their life.

5. Discard what u don't need.

- Physical and mental burden.

6. Organise your desktop

7. Make a delicious cup of coffee

8. Put pen to paper with

Care.

- Painting, drawing.

9. Try using a loud voice

- Speak from belly

Awaken your brain

10. Don't neglect your meal.

• Enjoy your food, focus on eating meal. Gratitude to all including nature.

11. Pause after every bite

a) efforts brought

2) own action

3) without greed

4) regard to sustain healthy body.

5. Gratitude to food for taking us to enlightenment

12. Discover the benefits of a vegetable - based food.

- Food on Body & mind

13. Seek out your favourite words.

14. Pare down your belongings.
- Having so many things don't help.
You enjoy freedom.

15. Arrange your room simply
- Life style of simplicity
- Acquire only good things which
will be needed.

16. Create a small garden in your
balcony.

- A little place for practicing
mindfulness.

17. Try going Barefoot at home.
Thorne sandals for good out

18. Exhale deeply
- You will be liberated
from restlessness.

19. Sit Zazen (Zen - Drift contemplation)

Deep contemplation about
absolute truth in the Universe

20. Try a standing practice
Homelife $\leftarrow$ Cosmo $\rightarrow$ Office life.

21. Don't waste time worrying
about things you can't control

22. Become adept of switching
mode.

- 3 gates - Hurdles of spiritual
practice

23. Breathe slowly
 $\downarrow$ 7-8 breaths for me
3-4 " " " "

24. Join your hands together
left hand - own
right hand - others

25. Make time to be alone.

26. Get in touch with nature

27. Seek up the sunset

28. Don't put off what you can do today.

29. Don't think about unpleasant things while going to bed.

• Let go -- • Gratitude
to do

30. Try your best [^] what you can do now.

Part - II

30 ways to inspire confidence & courage

31. Discover another you.

- Don't level yourself.
- Protagonist within you.
- Awaken another self.

32. Don't be troubled by things not yet happened.

- Intangible
- In your mind

33. Take pleasure in your work

- Find joy within yourself.
- Discover Bliss.

34. Simply immerse yourself.

- No wonder
- Clean mind

35. Don't feel put out by tasks before U.
- Don't think work as labour.
 - a day without working a day without eating
36. Don't blame others
- Results differ due to mindset
37. Don't compare yourself with others
- Work I am doing now is my tone calling.
 - Wake up early, clean the garden and involve in religious deeds.
38. Seek not what you lack, be content with what you have
- Attitude
39. Every so often, try stop thinking
-
40. Make distinction the best way to release stress

- Erect gates in your mind.

- First gate Home

3rd Gate Office

41. Try attending a Zazen Sitting.

42. Plant a single flower.

- Every day is a new day in the world of nature.

43. Make a proper start, create a upward spiral.

- Like attracts $\Rightarrow$ good, fortune attracts good fortune.

44. Cherish your own self.

- Mindful of your behaviour.

45. Think simple

- When U r uncertain, simplicity is the best way to go.

46. Do not fear change.

47. Notice changes.

- 9 PM - 4 AM = 7 hrs of sleep.

- You can notice slightest changes.

- Life becomes smooth to live.

48. Feel instead of think

49. Don't let things go to waste

- Good use of everything.

50. Don't be bound by a single perspective.

- "Mila Te" : Another way of looking

51. Think ~~for~~ with your own head

- Knowledge and wisdom are not the same.

- Both are useful in living a life.

52. Believe in yourself.

- All things come from nothing.
All borne nothing.

within nothingness, there is infinite potential

53. Instead of worrying, get moving

54. Maintain a supple mind

- A supple mind is a strong mind.

- Strengthening mind is cleaning mind

55. Get Active

- Become more down to earth

5 - Do yourself, you go down to earth

56. Wait for right opportunity

- Calm and mindset of 'wait'

57. Appreciate your connection with things.

- Desire → Boundless Greed.

- Take care of your things.

58. Try just sitting quietly

- Having a dialogue with nature

59. Try clearing your head. - 'Mushin' - Zen practice

60. Enjoy a Zen garden - 'Budo mind'

Part III
Twenty ways to Alleviate
Confusion and Worry. Try Changing
how you interact with others

61. Serve people
 - a starting point of enlightened mind. You want to be happy others around need be happy.
62. Cast away the three poisons.
 - Greed
 - Anger
 - Ignorance - state of foolishness.
63. Cultivate your sense of gratitude.
 - Everything is fine, thanks God.
 - .
64. Demonstrate rather than Assert, how you feel.
65. Express your mind but not in words
 - Zen teaching can't be put in words or written.

66. Focus on other's merit

- Paramount is harmony.
- 'Individuality' of self & others

67. Deepen your connection with someone

- Networking is key.
- Develop some meaningful relation
'Ichigo Ichige' - one in
a lifetime.

68. Find time your timings

- Balanced - 'Takudochi'
- Don't be too tired or too relaxed

69. Give up the need to be liked by
Everyone

70. Don't Fixate on Right or Wrong

- Black or white

- In between so many shades of

- ^{grey} 'Hanji shikago' - co-exist
, avoiding conflict.

Date _____
Page _____

71. See things for what they are
- Hatred and affection are both the same.

72. Skillfully detach.
- Don't be attached to the relationship

73. Do not think in terms of loss & Gain
'I shiki' - Zen thoughts

- Compatibility or suitability
74. Do not get caught up with mere words.

75. Do not be swayed by the opinions of others

- Decisiveness.

76. Have faith /

- wisdom from your elders.
- Mentors around you.

77. Have a conversation with a garden

'Wabi Sabi' —

Sabi — Thank u fall going so low

78. Make some one happy.

— Cuisine reflects awareness of the
Season.

79. Find occasions to get together
with family

— Among ^{peace} ~~love~~ ~~piece~~ of mind

80. Appreciate all the people who
came before you.

— Story of ancestors.

— Their importance in your life

IV - ~~the~~ 20 ways to
make any day the best day.

classmate

Date _____

Page _____

- Try shifting your attention to the
Present moment

81. Be here now.

Past → Present — Future

82. Be grateful for [✓] everyday. Even the
most ordinary.

- all ordinary makes more amazing.

83. Recognise you are all protected

- Buddha protects all.

- We are all in his palm.

84. Be positive

- Uncertainty of tomorrow, makes
today more important.

85. Do not covet

- Wanting more leads to suffering

- Defining 'Enough for me' for
living.

86. Do not divide things good or bad

- Your worries will just vanish.
- Don't miss pleasure of journey by fixing on end points.

87. ~~Ex~~ Accept reality - what it is.

88. (a) There is not just one answer.

- Enlightenment is looking inside

89. There is not just one way, either

90. Don't be a show off

- Karishma or aura.

91. Free yourself from money

- More you try earning money, it goes away from you.

- Concern ~~about~~ yourself about higher purpose.

92. Believe in yourself, especially you feel more anxious.
93. Notice the changes of the season.
- Things will take natural course.
94. Try taking care of something, develop affection for someone.
95. Listen to your own voice.
96. Cherish being alive, every single day.
- We must not waste it.
97. Make the most of life - 'Zamio' -
Predetermined life span.
98. Make ever preparation - destiny comes for all of us
99. Contemplate 'how to die'
- Birth and Death are two sides of the same coin.
100. Put your everything into ~~here~~ and now
- Carry his responsibility till end.