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Gudo Wafe Nishijima is author of To Meet the Real Dragon book and 7 more book like Master Dogen's How to Practice Zazen. By: Gudo Wafe Nishijima Published: 01 Aug

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Dogen, kensho, nonthinking, and authentic zen

Gudo Nishijima & Chodo Cross But when we practice Zazen we will often find ourselves thinking or imagining something. We need not worry about this.

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