
THE EDUCATIONAL BACKGROUND FOR THE CRAFT OF ZEN

For Zen practice to truly have a transformative effect – that is, to enable genuine, sustainable change – it requires a multilevel process maintained over an extended period.

The Craft of Zen is based on four levels of transformation (the 4 E's)
that spiral throughout the three series:

1. EXAMINING

What is this?

At this level, the teachings, concepts, and connections of Zen are conveyed clearly and accessibly. Understanding is important – and at the same time, only the beginning.

2. EXPERIENCING

How does it feel?

The teachings are translated from thinking into experiencing. You develop a sense of how Zen manifests in your own life. This step takes time – it is a process of becoming familiar and internalizing.

3. EMBODYING

What is it like to be like this?

A crucial transition. There is a difference between understanding what equanimity is – for example – and being equanimity. Embodiment is its own slow process. When something is truly embodied, you no longer need to talk about it – you simply are it.

4. ENACTING

How do I act from this place?

From embodiment, our actions change. Zen practice does not want to keep its fruits to itself, but to bring them into the world – into relationships, work, social engagement, and everyday decisions.