

Chan Meditation for harmony of mind and body

In China, many different kinds of buddhist meditation are practised. One of the most popular meditation systems is Chan Zong (Chan School). The word Chan stems from the word 'Zhang', which can be translated as 'containing one's thoughts'.

There are many branches of Chan Zong, and the most important one is Zhu Si Chan (the teaching of the ancestors). The founder is Monk HuiNeng (638-713) who pointed out that the centre of mind is the place where to 'contain' and where to change one's thoughts – with this practice, he said "an ordinary person can find their own nature and become enlightened". He was the first to speak about 'sudden realisation', or 'sudden enlightenment', which can be the result of mental information transmission from teacher to student. This technique was known as 'mind stamp' – information that passes directly from mind to mind.

Dr Shen Hongxun has studied different Chan Zong meditation methods with his root master Lama Fahai (the Chan Zong lineage of Lama FaHai, descending from Monk XuYun).

Dr Shen calls his method the Golden Light Meditation, because in his teaching he shows us, how to find the Centre of Mind, which is a bright, brilliant light. Practising the technique of 'Zhu Si Chan' leads us directly to the Centre of Mind. Another essential part of mediation is the opening of the Central Channel, an energetic radiation pathway that connects the human body to the cosmos. With an open Central Channel we can receive universal information and inspiration.