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## The Zen of Hitting

Gregory Bassham

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## **The Zen of Hitting**

**Gregory Bassham**

There is a force in the universe that makes things happen. And all you have to do is get in touch with it. Stop thinking. Let things happen. And *be the ball*.

--Ty Webb (Chevy Chase), in *Caddyshack*

Since Eugen Herrigel's classic *Zen in the Art of Archery* (1953), a host of writers have applied Zen Buddhist principles to a variety of sports and activities, ranging (plausibly) from martial arts and golf to (lamely) falling in love, casino gambling, and proposal writing. Among the Zen principles invoked by these writers are patience, relaxation, self-knowledge, visualization, practice, *kime* ("tightening the mind,"), and *mushin* (overcoming subject-object dualism--Chase's "being the ball"). Many of these principles, I shall show, are echoed in the advice of great hitting instructors such as Ted Williams and Charley Lau. Thus, there is indeed a Zen of the art of hitting.

### **Zen Basics**

Zen Buddhism is the Japanese branch of the Meditation School of Buddhism. Like all forms of Buddhism, Zen is rooted in the central teachings of Buddha (Siddhartha Gautama, died c. 480 B.C): the impermanence of all things, the pervasiveness of suffering, the unreality of any enduring ego or self, rebirth, universal compassion, and the pursuit of inner peace and enlightenment through the extinction of all egocentric and grasping desires. Zen, however, isn't your garden-variety Buddhism; it's a fusion of Indian Buddhism and Chinese Taoism; and this gives Zen its own unique and

iconoclastic spirit. The uniqueness of Zen is captured in the ancient formula attributed to Bodhidharma, the Indian monk who reputedly introduced Zen to China c. 520 A.D.:

A special transmission outside the scriptures;  
 No dependence upon words and letters;  
 Direct pointing at the soul of man;  
 Seeing into one's nature and the attainment of Buddhahood.<sup>1</sup>

Four distinctive features are highlighted in this passage. First, Zen sees little value in religious dogmas or creeds; its emphasis is on direct experiential learning under the guidance of an acknowledged Zen Master, not reliance upon sacred texts or verbal doctrines. Second, Zen teaches that the deepest truths about reality cannot be grasped by the intellect or expressed in language; indeed, concepts and words are seen as obstacles to enlightened understanding. Third, Zen holds that Ultimate Reality ("Buddha reality") is absolutely unitary and distinctionless; that all ordinary objects of experience are *sunya* (empty, void); and that one's true self, one's "Buddha nature," can only be grasped by a "pure seeing" into one's innermost essence. Finally, Zen teaches that salvation (*nirvana*) cannot be achieved through good works or pious devotion, but only by a kind of immediate insight or enlightenment (*satori*) into the Oneness of reality. To achieve such enlightenment may take years of dedicated training, or it can occur in a flash in the midst of one's daily activities. In this way, Zen sees itself as faithful to the original spirit of Buddhism as a path--open to all--to inner peace and enlightenment.

In Japan, China, and other countries strongly influenced by Buddhism, arts such as painting and the martial arts are not intended merely for practical or aesthetic purposes. They are spiritual disciplines, ways of training the mind that can help their

practitioners get in touch with their spontaneous, intuitive natures. Let's see how Zen can be applied to the supremely difficult art of hitting a baseball.

### **Patience**

Patience, the essential quality of a man.

--Kwai-Koo-Tsu<sup>2</sup>

Zen, like all forms of Buddhism, stresses the importance of patience. While Zen recognizes that enlightenment is open to all, and can occur at any time in a sudden, spontaneous revelation, it also teaches that enlightenment usually requires years of disciplined meditation and diligent effort. In all Zen-inspired arts one of the most persistent lessons students learn is the need to "conquer haste."<sup>3</sup>

Patience is also, of course, a cardinal virtue in hitting. The first rule in the book, says Ted Williams, is "get a good ball to hit."<sup>4</sup> Hitters need to know the strike zone, lay off pitches they have trouble hitting, and recognize that in most situations "a walk is as good as a hit."

Patience is important, as well, in the mechanics of good hitting. Hitting a baseball with authority is largely a function of timing, weight shift, hip torque, and bat speed. That's why you often hear coaches reminding hitters to "stay back." Hitters lose power when they overstride, "drift" (i.e., shift their weight too far forward before they swing),

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<sup>1</sup> William Barrett, ed., *Zen Buddhism: Selected Writings of D. T. Suzuki* (New York: Doubleday, 1956), p. 61. In China, Zen Buddhism is known as Ch'an Buddhism.

<sup>2</sup> Quoted in Joe Hyams, *Zen in the Martial Arts* (New York: Bantam Books, 1979), p. 26.

<sup>3</sup> Ibid., p. 23. See also Eugen Herrigel, *Zen in the Art of Archery*, trans. R. F. C. Hull (New York: Vintage Books, 1953), p. 35 (discussing the importance of patience in archery).

<sup>4</sup> Ted Williams and John Underwood, *The Science of Hitting*, 2d. ed. (New York: Simon and Schuster, 1986), p. 24.

open their hips too soon, or pull their shoulder out too early. Occasionally you'll find great hitters like Yogi Berra and Kirby Puckett who will swing at and hit almost anything that's pitched to them. But the odds favor the patient, disciplined hitter.

## Relaxation

Tension is the enemy.

--Charley Lau<sup>5</sup>

Zen monks typically spend many hours a day in the practice of *zazen* (sitting meditation), seeking to calm and purify the mind. Zen-inspired arts such as archery and calligraphy also stress the importance of being "centered" and relaxed. In traditional Japanese archery, for example, students typically spend many months simply learning how to breathe and draw the bow "spiritually," that is, in a relaxed, tension-free manner.<sup>6</sup>

Tension can be a big problem for hitters. One common mistake many youngsters make is gripping the bat too tight--what hitting guru Charley Lau calls the "white-knuckle syndrome"<sup>7</sup> A death grip on the bat causes tension in the arms and shoulders, which results in slower reaction time and less control. Usually an overly tight grip is related to another common hitting fault: holding the bat in the hands rather than in the fingers. Holding the bat in the hands slows your swing, limits bat control, and makes it harder to roll the top hand over and snap the wrists. In hitting, just as in golf or tennis, control is the name of the game, and control lies in the fingers, not in the hands.

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<sup>5</sup> Quoted in Mark Gola and John Monteleone, *The Louisville Slugger Complete Book of Hitting Faults and Fixes* (Chicago: Contemporary Books, 2001), p. 28.

<sup>6</sup> Herrigel, *Zen in the Art of Archery*, pp. 19-27.

Mental tension can be an even greater enemy to hitters than physical tension.<sup>8</sup> As Mickey Mantle points out, this is particularly true when a hitter is struggling:

When you get into any kind of slump, you start to press, and the more you press, the worse you hit, so it becomes a catch-22. You slump, so you press, and when you press, you slump some more. The only way to get out of a slump is to relax and do things naturally.<sup>9</sup>

Good hitters know that slumps are part of the game.<sup>10</sup> The important thing is not to make things worse by beating up on yourself or over-intellectualizing. Relax, check your mechanics, and if these are sound, just concentrate on seeing the ball and "doing things naturally," i.e., relying on muscle memory rather than conscious analysis. Soon you'll be making good contact again, and the hits will fall.

### **Self-Knowledge**

Hitter, know thyself.

--Ted Williams and John Underwood<sup>11</sup>

Like all great religious and spiritual traditions, Zen sees itself as a pathway to self-realization and self-discovery. The first rule of Buddha's Eight-fold Path is "right understanding." This involves not only a correct understanding of central Buddhist teachings about the nature of reality (rebirth, karma, and so forth), but also a grasp of

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<sup>7</sup> Charley Lau and Alfred Glossbrenner, *The Art of Hitting .300* (New York: Hawthorne Books, 1980), p. 40.

<sup>8</sup> Recall Yogi Berra's sage remark: "Baseball is 90 percent mental; the other half is physical."

<sup>9</sup> Mickey Mantle and Phil Pepe, *My Favorite Summer, 1956* (New York: Dell Books, 1991), p. 174.

<sup>10</sup> As Hall of Famer Catfish Hunter once philosophically observed, "The sun don't shine on the same dog's ass all the time." Quoted in George F. Will, *Men at Work: The Craft of Baseball* (New York: HarperPerennial, 1990), p. 218.

<sup>11</sup> Williams and Underwood, *The Science of Hitting*, p. 14.

fundamental truths about the self--how negative thoughts and emotions are rooted in egocentric attachments, how one's innermost essence (one's "Buddha nature") differs from one's conscious ego, and, at least for Zen, how enlightenment is possible only by learning to quiet the mind and draw upon a source of wisdom that lies deeper than the conscious, rational intellect.

"Know thyself" is also one of the cardinal rules of good hitting. All hitters have their strengths and weaknesses, and good hitters are aware of their own. If they're built like little Freddie Patek (5'5, 148 lbs.), they don't try to jack the ball out of the park like a Mark McGwire or a Barry Bonds. They know which pitches they can drive and which to lay off. Keen students of the game, they know the fundamentals of hitting, study pitchers closely, are open to constructive criticism, and work tirelessly to improve.

### **Visualization**

See your future. Be your future.

--Ty Webb (Chevy Chase), in *Caddyshack*

Visualization--the process of vividly imagining one's own successful performance--is something almost all great athletes do. Basketball players picture their shot swishing through the net. Gymnasts imagine themselves sticking the perfect landing. Great hitters also visualize their own success. Reggie Jackson used to envision himself putting the sweet spot of the bat on the ball and hitting a line drive to center field.<sup>12</sup> When Willie Stargell was slumping, he wouldn't analyze the problem; he would "see, feel and hear

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<sup>12</sup> Gola and Monteleone, *The Louisville Slugger Complete Book of Hitting Faults and Fixes*, p. 173.

myself getting the result"<sup>13</sup> he wanted. Jason Giambi visualizes a "hitting box" in front of him that represents his strike zone.<sup>14</sup> Barry Bonds pictures himself at the plate, swinging hard and hammering the ball high and deep over fences that are deeper than they actually are.<sup>15</sup> And fans of Mark McGwire will remember televised images of him during his assault on Roger Maris' single-season home run record, standing in the on-deck circle, eyes closed, bat resting on his shoulders, envisioning his next at-bat.

How does visualization work? In two ways. First, it sharpens mental focus. Muscles are like three-year-olds: they're easily distracted, love picture books, and aren't very good with words. By visualizing, a hitter's brain sends a precise mental picture to his muscles saying, "See this; this is what I want you to do."

Second, visualization enhances self-confidence and the power of positive thinking. Martial arts film star Bruce Lee, who was a keen student of Zen, explains the power of positive thinking this way:

The mind is like a fertile garden. It will grow anything you will plant--beautiful flowers or weeds. And so it is with successful, healthy thoughts or with negative ones that will, like weeds, strangle and crowd the others. Do not allow negative thoughts to enter your mind for they are the weeds that strangle confidence.<sup>16</sup>

A hitter always faces two contests, one with the pitcher and one with himself. The first contest is won when the hitter gets on base or advances a runner, the second when he performs to the maximum of his ability. Nothing a batter does can guarantee success in the first sense; even in the best hitter fails, on average, six or seven times out of ten. But

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<sup>13</sup> H. A. Dorfman and Karl Kuehl, *The Mental Game of Baseball: A Guide to Peak Performance*, 3d. ed (Lanham, MD: Diamond Communications, 2002), p. 113.

<sup>14</sup> Jack Curry, "Giambi Envisions Perfect Pitch," *New York Times*, March 10, 2002.

<sup>15</sup> Stephanie L. Smith, "Learn from the Pro: Hit a Home Run Like Barry Bonds!" ChannelOne.com, October 8, 2001. Online at <http://www.channelone.com/sports/articles/2001/10/08/learn.from.pro>.

<sup>16</sup> Quoted in Hyams, p. 108.

there are things smart hitters can do to maximize personal performance. Visualization is a proven technique for boosting self-confidence and harnessing the power of positive thinking.

### Practice

Between the stages of apprenticeship and mastership there lie long and eventful years of untiring practice.

--Eugen Herrigel<sup>17</sup>

According to tradition, Buddha's dying words to his disciples were to "work out your salvation with diligence."<sup>18</sup> Without question, Buddhism is an arduous path for those who would tread its cloud-hidden upper reaches. To root out all selfish passions and attachments, to fill one's heart with compassion for all sentient beings, to know in one's bones (not merely in one's head) the unity of one's innermost essence with the Buddha-nature--these are not the work of a day or a month or a year. This is why, as Buddhist scholar Thich Thien-An explains, Zen requires dedication, commitment, and practice:

Learning Zen is . . . like learning how to swim. When a person goes to a swimming class, the instructor will show him some basic methods and techniques, and then the rest is up to him. . . . If he practices hard enough, he may become a good swimmer. In Zen Buddhism it is the same way. If we want to become enlightened, we must go to a teacher and receive instructions. But once we receive instructions, the most important thing is to put them into practice. Only through practice can we hope to achieve enlightenment.<sup>19</sup>

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<sup>17</sup> Herrigel, *Zen in the Art of Archery*, pp. 85-86.

<sup>18</sup> John B. Noss, *Man's Religions*, 5<sup>th</sup> ed. (New York: Macmillan, 1974), p. 127.

<sup>19</sup> Thich Thien-An, *Zen Philosophy, Zen Practice* (Berkeley, CA: Dharma Publishing, 1975), pp. 24-25.

Practice for a Zen Buddhist means many long hours of highly disciplined meditation. For a hitter it means wearing out an awful lot of batting gloves in batting cages or neighborhood sandlots.

Charles Garfield, a clinical psychologist at the University of California School of Medicine, interviewed approximately 1,500 high achievers. He found that "the single most powerful predictor of success in the long run (is) commitment."<sup>20</sup> Nowhere is this more true than in baseball.

Young hitters often fall into the trap of thinking that hitting is a natural gift, like good foot speed. It isn't. As Rogers Hornsby once remarked, "A great hitter isn't born, he's made."<sup>21</sup> Baseball, in fact, is a lot more like tennis than it is like track. It takes years of dedicated practice and repetition to develop the speed, power, and fine motor skills of a great tennis player. The same is true of hitting.

As a Little Leaguer, I was always one of the top hitters in the league, usually hitting over .500. As I got older, however, my average started to dip, and by my senior year in high school I was hitting under .300. At the time, I had a thousand excuses: I was too small, my eyes were going bad, I couldn't hit a curve ball. Ten years later, however, when I was in grad school, I began going to batting cages regularly, and I noticed a dramatic improvement. In three seasons of grad-league baseball, I hit over .400 against better-quality pitching than I ever faced in high school.

Only then did I realize how important practice is in hitting. As a Little Leaguer, I was constantly swinging the bat in pick-up games with my friends. By high school, I was down to maybe thirty or forty swings a week in batting practice and games. That isn't

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<sup>20</sup> Quoted in Dorfman and Kuehl, p. 45.

<sup>21</sup> Quoted in Williams and Underwood, *The Science of Hitting*, p. 24.

enough swings to stay sharp. Hitting a baseball may or may not be the single most difficult thing to do in sport, as Ted Williams liked to argue.<sup>22</sup> But without question it is *one* of the most difficult, and no one can be really good at it without dedicated, persistent practice.

### ***Kime* ("Tightening the Mind")**

Although he was only five feet eight inches tall and weighed less than 150 pounds, Bruce Lee could hit like a ton of bricks. Once, in a practice session, Lee was challenged by a brawny weightlifter and decided that a gentle demonstration was in order. He asked the weightlifter to take a position about five feet from a swimming pool, placed his hand, fingers outstretched, on his chest, and asked him to brace himself. Lee suddenly closed his hand into a fist--a movement of perhaps a quarter of an inch--and the weightlifter went flying backward into the pool. Later, Lee was asked how he did it. "I relaxed until the moment I brought every muscle of my body into play, and then concentrated all the force in my fist," he replied. "To generate great power you must first totally relax and gather your strength, and then concentrate your mind and all your strength on hitting the target."<sup>23</sup>

What Lee was demonstrating was the power of *kime*, a martial arts technique for concentrating all of one's mental and physical energy on a single striking point. The secret of *kime*, Lee explains,

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<sup>22</sup> Ibid., pp. 7-9.

<sup>23</sup> Hyams, *Zen in the Martial Arts*, p. 114.

is to exclude all extraneous thoughts, thoughts that are not concerned with achieving your immediate goal.... A good martial artist puts his mind on one thing at a time.... Like a Zen master, he is not concerned with the past or the future, only with what he is doing at that moment. Because his mind is tight, he is calm and able to maintain strength in reserve. And then there will be room for only one thought, which will fill his entire being as water fills a pitcher.<sup>24</sup>

In baseball, of course, coaches constantly stress the importance of concentration and focus. Hitting requires both perfect timing and split-second adjustment, and neither is possible without a laser-like concentration of mind. As former Dodger great, Steve Garvey, observes, once a hitter reaches the plate and takes his stance, all preparation and planning is past, and everything "now depends on concentration on the ball, body control, and reaction to the pitch."<sup>25</sup> In hitting, the margin of error is so small that the slightest distraction, the slightest wandering of attention, will almost always mean that the bat is not going to be at the right place at the right time. From the moment a pitcher's arm reaches the release point, a batter needs to be locked on to the ball with every ounce of energy and purpose, ready to uncoil and explode at the point of contact.

### ***Mushin (No Mind)***

Full head, empty bat.

--Hall of Fame General Manager Branch ("The Mahatma") Rickey<sup>26</sup>

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<sup>24</sup> Ibid., p. 78.

<sup>25</sup> Quoted in Gola and Monteleone, *The Louisville Slugger Complete Book of Hitting Faults and Fixes*, p. 171. Similarly, Dale Murphy once remarked, "When you don't hit good, it's usually because you're thinking too much about everything else except the ball. And when you're hitting good, you're not really thinking about anything." Quoted in Dorfman and Kuehl, p. 154.

<sup>26</sup> Quoted in Will, *Men at Work*, p. 210.

At the heart of Zen is the conviction that the center of human existence lies not in the rational intellect or personal ego, but in the unconscious. For it is in the unconscious, Zen teaches, that one finds an intuitive wisdom that lies deeper than all thought or emotion.

According to Zen, the highest state of human awareness--the "total consciousness" *Caddyshack's* Bill Murray expects to achieve on his deathbed--is a state of complete egolessness in which all distinction between subject and object vanishes. This mystical or unitive state of consciousness is also the ultimate goal of Zen-inspired disciplines such as archery and the martial arts. In Zen archery, for example, mastery is achieved only when the art becomes an "artless art"<sup>27</sup> in which the archer becomes attuned to the Unconscious and acts simply on instinct, rather than from any conscious thought or calculation.<sup>28</sup>

The Japanese word for this state of egoless, unselfconscious attunement is *mushin* ("no thought"). According to Zen, conscious thoughts and emotions cause "psychical stoppages"<sup>29</sup> that interfere with the perfect fluidity of an artist or athlete's performance. Training and technique are essential, but ultimately--to use Wittgenstein's famous metaphor--these are rungs in a ladder that must be pulled up once one has climbed to the top.<sup>30</sup>

In baseball, too, it is a commonplace that too much thinking can result in "analysis paralysis" and interfere with peak performance. As Tony Gwynn remarks, "When you're going good, you don't worry about anything mechanical at the plate. You

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<sup>27</sup> D. T. Suzuki, "Introduction," in Herrigel, *Zen in the Art of Archery*, p. vi.

<sup>28</sup> In the iconography of Western pop culture, the best-known depiction of this Eastern concept is the scene from "Star Wars" in which Obi-Wan tells Luke, "Don't trust your eyes; they can deceive you. Trust your feelings."

<sup>29</sup> Daisetz T. Suzuki, *Zen and Japanese Culture* (Princeton: Princeton University Press, 1970), p. 144.

<sup>30</sup> Ludwig Wittgenstein, *Tractatus Logico-Philosophicus*, trans. D. F. Pears and B. F. McGuinness (New York: The Humanities Press, 1974), sec. 6.54.

just go up there and see the ball and react to it."<sup>31</sup> Mickey Mantle recalls a conversation he had with Ted Williams once at an All-Star game. According to Mantle, Williams

started talking about hitting. And he was wanting to know if I use my bottom hand when I'm hitting left-handed, do I pull the bat with this hand and guide it with this one,... which is your strong hand? And he was telling me all this stuff about hitting, and after I left the All-Star game I went like 0 for 30..., because I was trying to think of things that he told me to do."<sup>32</sup>

Hearing Mantle's story, readers of Alan Watts' classic *The Way of Zen*<sup>33</sup> are apt to recall the charming poem by Sir Edwin Ray Lankester that Watts quotes to illustrate the Zen doctrine of *mushin*:

*The centipede was happy, quite  
Until a toad in fun  
Said, "Pray, which leg goes after which?"  
This worked his mind to such a pitch,  
He lay distracted in a ditch,  
Considering how to run.*<sup>34</sup>

The point, of course, is that nature has wisely left some things to instinct, reflex, and autonomic functioning. Some things, like blinking, breathing, and hitting a baseball, are just too important to be left to the vagaries of the conscious mind.

This isn't to say that a hitter's mind should be an absolute blank. The point, as Watts notes, "is not to reduce the mind to a moronic vacuity, but to bring into play its innate and spontaneous intelligence by using it without forcing it."<sup>35</sup> It is good for a hitter to visualize and to have a confidence-boosting thought ("I can hit this pitcher") or a

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<sup>31</sup> Quoted in Will, *Men at Work*, p. 218. Compare George Brett: "When I'm good, I'm simply unconscious." Quoted in Dorfman and Kuehl, p. 153.

<sup>32</sup> Interview in Ken Burns, *Baseball-A Film*, PBS Home Video, 1994 (7<sup>th</sup> Inning).

<sup>33</sup> New York: Pantheon, 1957.

<sup>34</sup> *Ibid.*, p. 27.

<sup>35</sup> *Ibid.*, p. 21.

simple reminder ("Stay back") running through his head. But a hitter worrying about his stance or his grip is asking for a quick trip back to the dugout. A 90-mph fastball reaches the plate in less than half a second. Most people I know take at least eight times that long to figure out the tip on a \$7 lunch tab. Only muscle memory--the fruit of long hours in the batting cage--gives a hitter the bat-speed, fine-motor adjustment, and smooth mechanics needed to hit with consistency and authority.

### **Ballparks, Dojos and Other Places of Enlightenment**

Big hitter, the Lama

--Carl Spackler (Bill Murray), in *Caddyshack*

Kendo, the ancient Japanese art of swordsmanship, is practiced in a *dojo*, a Japanese word that means "place of enlightenment." If the thesis of this chapter is correct, couldn't ball parks and batting cages also be seen as places of enlightenment, Bally's Gyms for the soul? Of course, many great hitters like Cobb, Ruth, Hornsby, Williams, and Mantle don't immediately leap to mind as models of egoless humility and mystical wisdom, so perhaps such comparisons shouldn't be pushed too far. But it is certainly true, as George F. Will notes, that "for an athlete to fulfill his or her potential, particularly in a sport as demanding as baseball, a remarkable degree of mental and moral discipline is required."<sup>36</sup> Many Zen principles clearly do apply to the art of hitting. Indeed, I would go further and suggest that hitters would benefit if these principles were more explicitly taught and more

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<sup>36</sup> Will, *Men at Work*, p. 226.

deeply appropriated and practiced. Perhaps it is true, as Zen teaches, that Enlightenment can occur anywhere--even on one's neighborhood sandlot.<sup>37</sup>

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<sup>37</sup> Thanks to Shoeless Joe Bronson and [Add moniker] Brannigan for helpful comments on an earlier draft of this chapter.

One Of The Greats, A Touch Of Zen Is Fantastic!! 6 May 2020 | by Movie-Misfit

“ See all my reviews. Considered by many to be one of the all-time greats of wu xia and Hong Kong cinema, King Hu's A Touch Of Zen is without a doubt, an absolute classic! While extensively long for its time and as a wu xia movie, A Touch Of Zen rarely slows down or bores the audience offering plenty of tense drama and action, along with many stunning images shot on location. I've long been a fan of King Hu's swordplay movies, and A Touch Of Zen still stands strong as one of his best! Keep an eye out for a young Jackie Chan and Lam Ching Ying as henchmen and stuntmen, and Sammo Hung in a more prominent role as a guard in the forest battle.

The Zen of Hardware: Sometimes you notice recurring patterns in your way to explore and make things. You succeed, you fail, you are happy and you get angry. You learn a lot of technical stuff and by miracle, but . even in this very technical world, you learn some

There is a good (and hard) lesson to be learnt from Zen master Hardware. Do you recognize this experience, for instance, you have already made hundreds of drawdio's and so you decide you need one more for a textile version, you want to make it in 5 minutes and suddenly it does not do its thing? Now suddenly your project deadline is threatened because it takes an hour, or even more - somehow you lack some components, the combination of available parts didn't produce the sound, the soldering is chaotic? I suppose I could have titled this article “The Zen of Starting Over”, and it would have made more sense, but truthfully, it doesn't feel like what I'm doing is starting over. Starting over (and over, and over, and over, ad nauseam) feels like smashing my head into a concrete wall. The wall gets fairly bloody, but the damage is mostly mine. There are times that quitting is the only sane option. Maybe I mean that there are times that quitting is the only option left to save your sanity, whatever's left of it. Examples, you ask? I got your examples right here. Quit that person that turns toxic when you need them most; there's a limit that you hit (it feels a lot like smashing your head into a concrete wall), and you just can't try to save the relationship anymore” yup, even if you have no other way to pay the rent.

Four Statements of Zen. The separate transmission outside the teachings, Not based on the written word

Well - it's just a collection of sayings from the Zen lineage - I think most of them are in other collections as well. Maybe when i get older and my chinese skills get better i can translate it much more quickly. It's just a lot of research and time

ZEN had a great recovery looking at the ZEN/BTC chart. Looking at the support and resistance lines we see that we currently did hit a resistance line. Since we are extended that much one would think we will see a short term pullback. We also can see a failed bullish Head and Shoulders pattern. Basic rules: - Never buy the top/ATH - Take profit as long as you 2. 0. ZEN getting out of its accumulation zone. ZENBTC. I suppose I could have titled this article "The Zen of Starting Over", and it would have made more sense, but truthfully, it doesn't feel like what I'm doing is starting over. Starting over (and over, and over, and over, ad nauseam) feels like smashing my head into a concrete wall. The wall gets fairly bloody, but the damage is mostly mine. There are times that quitting is the only sane option. Maybe I mean that there are times that quitting is the only option left to save your sanity, whatever's left of it. Examples, you ask? I got your examples right here. Quit that person that turns toxic when you need them most; there's a limit that you hit (it feels a lot like smashing your head into a concrete wall), and you just can't try to save the relationship anymore yep, even if you have no other way to pay the rent. The future appears a lot more promising especially after Zen's awards in the recent spate of year-end presentations: best new group awards from Commercial Radio II and Hit Radio; and best music talent award from RTHK. 'Even when we were a non-mainstream heavy metal band performing in places like Ko Shan Theatre, we never calculated how much we have put into our music or how much pain we suffered,' vocalist Wong Wo-hing said. The below list of Zen quotes and Zen proverbs are bits of universal wisdom and insight which I've gathered over the past few years, mostly from teachers whom I have an immense amount of respect for. People such as: Thich Nhat Hanh Shunryu Suzuki Alan Watts Dogen Zenji Eckhart Tolle Byron Katie Osho D. T. Suzuki Rumi Buddha. A quote can give us insight into something new or confirm something which we've felt or experienced. As with all of Zen, the below Zen quotes aren't about beliefs or ideas, but universal wisdom which you can discover in your own daily life. And Zen is just one way to these universal truths, countless mystics and spiritual traditions have come to the very same insights independently that perfectly echo what Zen has discovered. Zen'Hit. 630 likes 1 talking about this. French Beatbox Tag Team Champions. Zen'Hit is really what we love - Sharing and rocking the stage together is always a wonderful time, where we always experiment new things to make our art better each and every day. Innovation is key. Looking forward to the future.

@barskey @grand.beatbox.battle . #zenhit #akind #kenozen #furure #beatbox #champs #music. See More. Zen'Hit. December 4, 2019