

**TO FLOAT LIKE CLOUDS, TO FLOW LIKE WATER:
TAI CHI AS A ZEN PATH TO MINDFULNESS**

Nacole Lanette Regnier

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Cleveland Zen Center - The West Park Times

Apr 17, "You don't have to be Buddhist to practice Buddhism. So, you've got the religious aspect, the philosophical aspect, the way of life aspect, and the system of education aspect. Zen monks were expected to float like clouds and flow like water. There is also Qi gong, tai chi, and transcendental meditation.

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But, better to say: As a Zen Buddhist practitioner I was eager to bring movement. My memory has no capacity for such things. Going with the flow. Night sitting.

There are non-Buddhists who come here to meditate. The three reasons expressed through the light bulb, electricity itself is not .