
Our Values

At their base

Approximately 2,600 years ago, Shakyamuni Buddha attained enlightenment and gave his first teachings, the Four Noble Truths, which include the Eightfold Path, the path to liberation from suffering.

These teachings have lost none of their power, freshness, or relevance. That is why we dedicate ourselves to studying and practice them.

➜ The Four Noble Truths

Since that time, all Buddhist practitioners have respected and protected the "Three Treasures," which are:

- The Buddha
- The Dharma, or the teachings of Buddha himself and of the masters of the transmission
- The Sangha, or the community of all the practitioners.

Our practice

Zazen (*shikantaza*, or "simply sitting") is the central element of our practice. As far as possible, we practice zazen together. The rules of the Dojo help everyone to concentrate without being disturbed, in an atmosphere of trust and harmony.

➜ What is Zen?

➜ The rules of the ABZE dojos

In relationships

Through zazen, we realize the profound dimension of our existence and our connection with all beings. In this way, we develop compassion and wisdom and express them in our lives.

We strive, therefore, to treat all beings with kindness, respect, and without discrimination. We act in a responsible and peaceful manner, toward nature and our environment.

Recommendations and rules of conduct help us to avoid being leaded by our ego, to practice beneficial actions and to refrain from harmful actions.

➜ The Six Paramitas

➜ Including the 16 precepts

Help in case of abuse

We consider all events organized within the framework of the ABZE and ABZE-affiliated dojos as a protected space for practicing the Buddhist path of liberation, in accordance with the Three Treasures.

If anyone experiences or observes inappropriate or abusive behavior during an activity organized within the framework of the ABZE or an affiliated dojo, we encourage him or her to contact us.

To this end, we have set up a contact address allowing those concerned to report the anomaly and ask for a meeting. Emails will only be read by the president and secretary general of the association, who will treat their content confidentially and then contact you. The offer of a meeting is intended to provide guidance and support.

The contact address is ***signalement@abzen.eu.***