

Zen is a form of Buddhism. Buddhism is a religion founded around 2600 years ago by Gautama Shakyamuni.

Zen has a special emphasis on enlightening person-to-person interactions. Here is the traditional story of the Buddha's enlightenment.

Once on Vulture Peak, an audience attended the Buddha, waiting for a talk. The Buddha held up a flower and said, "I have something to say to you."

Upto the present day, Zen is passed person-to-person from teacher to student. The box on the right mentions some of the key figures in the history of Zen.

Our Zen Timeline

- c. 530BC Gautama Shakyamuni experiences his enlightenment, becomes the Buddha. Embarks on 44 years of teaching.
- c 200CE Nagarjuna establishes the Middle Way tradition.
- c 520CE Bodhidharma brings Zen to China, and settles at Shaolin.
- c 740AD Shenhui, student of Hui-neng brings southern school of Zen to fore.
- 828CE Dongshan Liangjie, source of the Soto (Caodong) school, ordained at Mt Song.
- 1227CE Dogen returns from China and establishes Soto Zen in Japan.
- 1967CE Deshimaru arrives in Paris, founds AZI.
- 1990CE John Fraser founds the Glasgow Zen Group, as part of the AZI.
- 2001CE The Glasgow Zen Group becomes an independent fellowship of Zen practitioners.
- 2006CE
- 24 March John Fraser receives shiho (transmission) from Mike Eido Luetchford, a student of Deshimaru.