



David M. Valadez
Senshin Center
Dojocho

Who
by David M. Valadez

Deshi: Sensei, in Zen training it is said that we seek to rid ourselves of ego. If that is so, who or what, is it we defend when we train for and practice self-defense?

Sensei: If there is no ego, who or what is doing your Zen training?

Deshi: Sensei, I have not thought of that. I do not know the answer to your question.

Sensei: When you come to know the answer to my question, you will come to know the answer to your question.