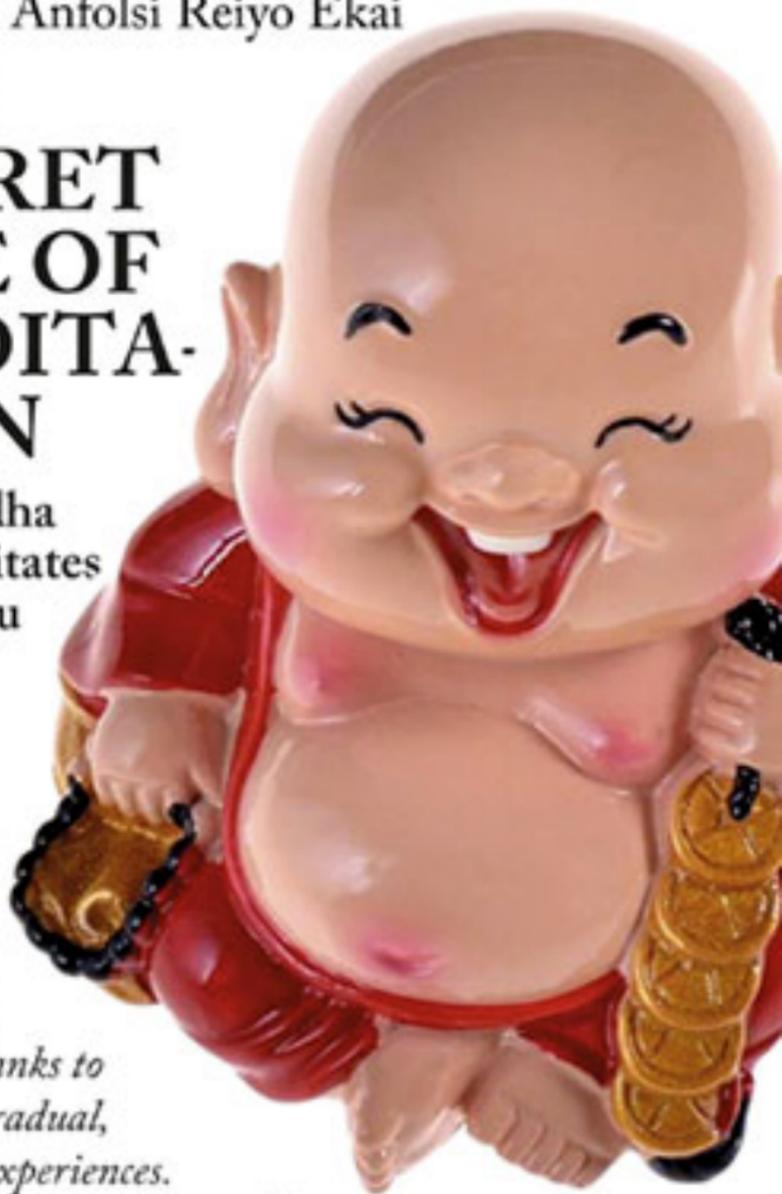


Zen Master
Leonardo Anfolisi Reiyo Ekai

THE SECRET FIRE OF MEDITA- TION

The Buddha
who meditates
within you

*What you
always
wanted to
know
about the
power of
your mind,
revealed thanks to
your own gradual,
sequential experiences.*



FONTANA
EDITORE

**THE SECRET FIRE
OF MEDITATION
(the Buddha who
meditates within you)**

*What you always wanted to know
about the power of your mind,
revealed thanks to your own gradual,
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**Zen Master
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FONTANA
E D I T O R E

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MEDITATION
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Meditates Within You)

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P.S.: The lined pages scattered throughout the book are for taking notes or pasting in annotations. We hope you'll find them useful.

Publisher's Preface

I have known Leonardo Anfolsi for years, and I practice meditation following his method. When he proposed this slim volume for publication, I thought it should be released as soon as possible. In these pages you will find meditation explained with simple words and instructions, straightforward and within reach of anyone who wishes to learn.

Having dusted away the layers of ancient traditions and their various philosophies - since the truest Zen skips over them all - the practice of meditation appears here in its essential, crystalline form, simple and potent.

There are no more excuses!

This world [and we ourselves] must be helped and bettered; that we can do this from the state of profound interior silence, no matter whether in the activity of life or in meditation, is a great revelation.

Rocco Fontana

A series of 20 horizontal dotted lines for writing.

About the Author

Leonardi Anfolsi received his training from Master Engaku Taino, under the aegis of Master Taishitsu Yamada Mumon. The most beloved Buddhist Master of contemporary Japan and President of the Imperial University of Hanazono, Mumon ritually welcomed Anfolsi when he was a young monk.

Anfolsi obtained recognition as Master from the Tibetan Lama Gomo Tulku Sonam Rinchen XXII, in addition to receiving the secret teachings of Tibetan Buddhist Masters Kalu Rimpoche (1905-1989), Chögyal Namkhai Norbu R., Nyoshul Kenpo R. (1932-1999), and the Böm Master Tenzin Namdak R.. In 1990, in Dharmasala, he received the complete teachings, or the the six Yogas of Naropa - which he practices assiduously - from His Holiness the Dalai Lama.

Master Anfolsi teaches Buddhism and meditation in the American and Italian school systems, as well as giving lectures and workshops on the Zen Naikan technique he has imported from his own lineage. He has carried out institutional activities on behalf of the UBI,

the Buddhist Union of Italy, under whose protection he is organizing the Mumonji Project.

Anfolsi made his debut as a writer with an ironic spiritual autobiography (**Banananda**, 1989), an immediate bestseller edited and published by Franco Battiato in his *L'Ottava Edizioni* (reprinted by Fontana Editore); he shares his position in the series with the Nobel Prizewinner Natsume Soseki's texts from the Sufi scriptural tradition, as well as with Gurdjieff's classic texts. Anfolsi continues his writings on Buddhism and Zen; his lectures are appreciated internationally for their humor and erudition. He directs **Nitrogeno**, the international review of operative alchemy, in collaboration with Fontana Editore.

Leonardo Anfolsi also collaborates with artists and entrepreneurs, guiding them and serving in that same environment as publicist, as for example in **Opera Unica**, co-authored with Marco Bagnoli, Alessandro Magini, and the editor Sergio Risaliti (Mondadori Arte Electa 2016). In 2007 Anfolsi participated as a multimedial artist in the 52nd Biennale Exposition of Venice, in the exhibit

dedicated to the celebration of Joseph Beuys.

Since the 1980's Maestro Anfolsi has studied and practiced naturopathy, a discipline he combines with his role as minister of the faith. In the 1990's he was called to direct the therapeutic division of the Bologna Naturist Association, at the time the most respected, well-articulated, and advanced organization of its kind in Europe. The organization has produced several leaders in the world of physical education and physiatry, yoga, and contemporary medical philosophy.

Before opening this book you must accept these three conditions:

1. You must know, as an responsible adult, that no religion is above reality.
2. You must comprehend that no idea, theory or opinion is superior to the living mystery of a leaf.
3. You must be fully responsible, at every level, in every sense of the word, and be aware that the experiences born of these experiments, which are intended to be functional, may cause reactions which YOU must be prepared to handle and keep under control if you are to obtain the true result of practice.

Sign here

.....



INTRODUCTION

Welcome.

We will speak clearly, as there is no time to waste.

There is a spirit winging over the new times of this tormented West, the spirit that always comes into play when dealing with the New Age, or when the devotees of different religions meet and are able to stop inventing proclamations for themselves, preferring to remain silent, absorbed in that Truth that underlies all dogma; something that could be marketed as the perfect anti-stress or anti-aging remedy[!].

It is called **Meditation**. It always comes back to this.

Would you like to become better at sales, become a great mystic, enjoy great success, or learn to speak with the angels? **First learn to meditate**. Do you want to become a healer, of yourself and others? **First learn to meditate**. Do you want to become an inspiring speaker, but also be happy and free of stress? **First learn to meditate**. Do you want to develop your powers of seduction and excel at cutting

deals? Either go see a plastic surgeon, be born again, but rich this time, or **first you have to learn to meditate**. Have you ever noticed this?

Or do you really think that it is just chance that for every course, meeting or conference you go to, you are still here on this side listening or reading, and it is someone else standing behind the podium?

Haven't you understood yet that the trick is **Meditation** [*however you want to call it or practice it*]? Sure, you don't have to sit and Meditate, but that means you are already possessed of particular abilities: perhaps you are a marvelous housewife, or a good manager, or a great football-player, but that is all you know how to do.

And of course **meditation is a totally different thing**, but it is what lies within everything you could do better.

Don't you understand that if you don't start now, **FOR REAL**, you will find yourself pushed to the back yet again?

This is nobody's fault: it's just that those who

are readier than you are doing part of what you should already have done yourself. Life is indomitable, unjustifiable creativity. The flower's beauty is excessive, considering what is necessary to attract the pollinating insects.

We **MUST** show the world the fruits of our creativity: being timid in creativity is not just a problem but a **disaster!** And we don't all have to become managers, or singers, or models: what matters is that we emanate creativity, that we live in this marvelous, necessary, true state. Imagine yourself overflowing with joy as you walk down the street, at work, as you rest, as you - most importantly of all - create!

Meditation always welcomes us, heals us, and shows us the way: this is our TRUE INNER GURU. And it isn't just to become *better* than we are, but to be, right now, WHO we really are. If you haven't understood this yet, keep reading; if you have, keep reading anyway.

Affectionately,

Leonardo Anfolisi Reiyō Ekai



First Experiment

**A CHALLENGE,
STRAIGHT
OFF THE BAT**

It is only fair that I put myself to the test before you, just as you do for yourself. Yes, YOU, just you.

We keep coming back to you, because this YOU is important, nay fundamental. This you truly is YOU, if you let it do its job.

If it doesn't work, it only makes you feel disappointed and incomplete, almost as if it were made that way on purpose, and even if I found some nicer words so as not to hurt your feelings, the substance wouldn't change. But we are here for that SUBSTANCE, to touch something REAL, meaning:

- To be able to live creatively,
- Happily,
- Comfortably, and in the end, to
- Succeed, from within your own body, in recognizing the completeness of life, eternity.

And I want you to be able to do all this while you are scratching your ear, or telling a joke, without having to go to some isolated Himalayan temple!

If you like the idea, let us go ahead with the challenge; if it scares you, you can put this book down.

I will include my comments in square parentheses. I think you'll like it because you'll find it useful and fun, a little like playing poker with someone who shows you his hand every time he is dealt new cards [*why should you trust me, anyway?*].

You probably consider yourself a free person, able to think with your own head [*but my tone and timing imply that I could be saying exactly the opposite, too*].

I think so too, but I propose that you test your abilities [*there is no reason you should do so anyway, or at any rate you haven't figured it out yet*].

For once, the religion types and the science types agree. The agreement goes more or less like this: "If you want to be happy, you can do it just by wanting to be happy hard enough, long enough, and persistently enough, so as to wear a path, or a habit of being positive, which after a few months will even become unstoppable, and will end up increasing, manifesting

itself in a thousand different ways [*ways that you don't yet know...*] and manifesting a thousand new things [*that you don't yet know ...*]

I decided to try this one day as a test, when I was a kid, and to this day I still give thanks for the day I thought of it: obviously for you I've streamlined it a bit, but the essence is the same.

If it is true that we all want happiness and hate suffering, we can begin experiencing a production of:

HAPPINESS AS AN ACT OF WILL

Our challenge, we realize, has turned into an experiment that produces happiness, freedom, joy, but that inevitably starts from the will - you'll see how - but in the meanwhile, let me ask you: weren't we supposed to be examining the power of your

- a) Freedom, and of your
- b) Ability to think with YOUR own head?

Right, because more than ever it has become

an experiment based on YOUR will. Useless to try to avoid the theme, called the WILL.

Only very naïve people fear it, and believe they are free even though they are driven by the fear of committing to a real path of growth [*ouch!*] based on practice [*oh, no!*] and testing [*help!*]. That certain kind of fear that induces them to seek spontaneity, avoid working too hard, and seek wisdom in the teachings from Atlantis. Or enrol in yet another M.A. program, or a Spiritual Marketing workshop [*sigh!*], so as not to feel the pressure to perceive the fulfillment that evades them... since they ache to taste the mysteries of life, but fear letting the bucket all the way down into the depths of the well.

Sure, I understand, they are afraid that the nth priest or scientist is going to pop up and tell them the ways of the world, but when that happens, it would be well to be armed with

ONE'S OWN EXPERIENCE

No?

So our priorities are:

1. Will [*yes, with a capital W*].
2. Happiness [*with a capital H*] - and this contains a real Experience that is truly ours.
3. And then the Experience from which proceeds Truth, or better, Reality.

Let's put all this together. Right. Just like that.

Buy yourself a red tie, ascot, or scarf - anything in a solid color that you could wear seriously if you wanted, on special days or when we will use it. For now we won't wear it just yet, but we will use it with particular attention [*some day I will tell you why it has to be red: there is a precise reason that will make you laugh a lot, and say, "ha ha ha it's true, it's totally true ... !" Or maybe not - we'll see*].

Whatever fabric it is, whatever weave, shape, or texture, it must be an intense solid red. You can even make it yourself, as long as it is flat, without pleats or anything like that. The exact shade doesn't matter, except that it be an intense red. Living. Joyous.

At least three times a day you will pick it up to enjoy its shape, feel, and texture in your

hands. Pass it from one hand to the other, twist it delicately, running it through your fingers. Remember to do this with clean hands, if necessary washing your hands again. Listen to the sound of the fabric as it passes between your fingers or over the back of your hand. If you wish, try perfuming it with a few drops of some natural scent that you like - being careful not to stain it - or you can put the perfume first on your hands and let it transfer to the fabric as you handle it.

All right. In the evening, place the red fabric across from your bed so that it is the first thing you see in the morning when you wake up. Obviously, if you sleep in a dark room, place it in a lighted place so that you can see it in the morning.

When you see it, do the most important thing to do when you wake up: feel happy and laugh as you stretch nice and hard.

Yes, laugh. Laugh anyway, just because, for the simple joy of feeling free to do it, to decide your own happiness. This way you show that you can think whatever you want, that is, that:

1. You are totally free, and
2. You think with your own head, since YOU have decided to be TRULY happy.
[Obviously here I have sort of chosen for you what “you want”, but I figure everyone loves happiness, right?]

Every day, three times a day, touch that fabric, play with it, run it through your hands. It doesn't matter if it is only for a few instants, but you are creating a kind of ceremony *[some day, if you like, I'll explain the difference between a ceremony and a rite]*.

In the morning, wake up and see the red color before you and laugh. You rub your hands together, still in bed, and you stretch, or while you are yawning and getting dressed *[some people might think you're nuts, but who knows if they have ever known happiness]*.

Then, WHEN YOU DECIDE, one morning you start to laugh, out loud. It doesn't matter if you are rich or poor, because this is how you really start to solve problems *[even the problem of being rich, of having an easy life, not just the problem of being poor and unfortunate]*.

And when you catch your laughing reflection in the mirror, you feel like laughing even harder.

You let yourself, because you know you can stop when you feel like it [*you can stop something only when you are able to do it for real – you were only imagining it before*], but you can also continue as long as you like.

And this way you are showing that you know how to go ahead, which means that the experiment is successful.

Already done? Before saying so, do it! And then, afterward, see if that was enough for you, or if you keep enjoying yourself in some other way for the rest of the day, whether you Meditate or not.

It's up to you.

In the meantime, though,

Welcome to Meditation!

Welcome to the world outside the madhouse.

Welcome to happiness. Yes, you, who saw, touched, heard, felt something real, starting from inside you, from your Will: I don't care if you credit Jesus, or Buddha, or Quantum physics.

Do what you like.