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Black Zen

Being black: Zen and the art of living with fearlessness and grace User Review - Not Available - Book Verdict. Williams is by no means the only African American Buddhist in America, but she may be one of the most vocal and certainly the most intriguing. She is a Zen priest, founder of the Urban Peace Project ...
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angel kyodo williams (born December 2,

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1969) is a writer, activist, ordained Zen priest and the author of *Being Black: Zen and the Art of Living with Fearlessness and Grace*, published by Viking Press in 2000, and the co-author of *Radical Dharma: Talking Race, Love, and Liberation*, published by North Atlantic Books. Called "the most vocal and most intriguing African-American Buddhist in America ...

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To our community members protesting in the streets, we are donating I STAY ZEN face masks to reiterate this message of being peaceful while protesting and holding onto our zen while fighting for our right to exist. This is a lot to hold, but know that we are here to support you and help you carry it. The Black Zen Team

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Every day we are engaged in a miracle
which we don't even recognize: a blue
sky, white clouds, green leaves, the
black, curious eyes of a child — our own
two eyes. All is a miracle.”- Thích Nhat
Hanh “Not thinking about anything is
Zen. Once you know this, walking,
sitting, or lying down, everything you do
is Zen.”- Bodhidharma

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