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(American, English, and Urban slang)



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Definition of zen

zen

- to be at peace... back to wholeness, so to speak.

I went to the spa last weekend. I'm totally **Zen** now.

Last edited on Aug 15 2007. Submitted by Adam from Los Angeles, CA, USA on Aug 15 2007.

adjective

- "I know you hate going to the dentist, but you have gum disease, so you need to pull up your big girl pants and make an appointment."

"You're right, I'll make an appointment. And I'll try to be **Zen** about that 'big girl pants' comment."

Last edited on Jul 18 2013. Submitted by Anonymous on Jul 18 2013.

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