

Instructions for Just Sitting



The Way - of liberation, freedom, non-suffering - being upright and complete in everydayness, not somewhere elseness!

RELAX

is basically perfect and all-pervading.

Everything is fundamentally perfect

Just right. Everywhere.

Everywhere is just right as it is -

BEING WILLING TO SEE EVERYTHING... WHAT AREN'T YOU WILLING TO SEE? TO FEEL TO KNOW, TO TASTE, TO TOUCH.



ALL THE TEACHINGS SUGGEST GOING TOWARDS IT BY STAYING STILL. THIS IS SURRENDER.

SURRENDER

The whole work of ZAZEN IS This - to see this clearly

When you surrender like and dislike your mind clears up. DON'T STRUGGLE. Do what is possible.

BEING READY TO NOT KNOW.