

Shunryū Suzuki-rōshi
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***Sesshin*: Lunch Lecture**
Soko-ji Temple, San Francisco

Zazen doesn't follow [1-3 words unclear].

Our mind should—should not be stagnated or in agitation. Our mind should be calm. And to be calm does not mean to be stagnant.

So put your head [1-2 word] more straight and up—topright [?]. In this case, don't pull [?] your chin.

Then your state of mind will change.

Source: Original City Center tape. Verbatim transcript by Bill Redican (5/14/01).