

Shunryū Suzuki-rōshi
Friday, August 19, 1966
SESSHIN LECTURE: Friday Morning during Zazen
Lecture B
Soko-ji Temple, San Francisco

Tape operator: This lecture is Friday morning during zazen, and it begins "We have one more day."

Suzuki-rōshi: Don't be attached to your attainment as a result of—as a result of past effort. Or don't be attached to the refreshed stage you attained mechanically. Open up your mind wider and more—be more subtle, ready to accept things as it is, and practice—continue your practice. This is the meaning of *sesshin*. The mind you attained is not even quite newly refreshed mind. It is nothing itself—itself, free from all attachment.

I am very much grateful to sit with you in this way and to have more chance to sit. Let's make this *sesshin* more meaningful one.

Thank you very much.

Source: Original City Center tape. Verbatim transcript by Adam Tinkham and Bill Redican (6/12/01).