

Don't be attached to your attainment

August 19, 1966

Sesshin Lecture: Friday Morning during Zazen, Lecture B
Sokoji Temple, San Francisco

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

Don't be attached to your attainment as a result of past effort. Don't be attached to the refreshed stage you attained mechanically. Open up your mind wider and be more subtle, ready to accept things as it is, and continue your practice. This is the meaning of sesshin. The mind you attained is not even quite newly refreshed mind. It is nothing 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 a more meaningful one.

Thank you very much.

Source: Original City Center tape. Verbatim transcript by Adam Tinkham and Bill Redican (6/12/01). Reformatted by Ray Watkins, (April, 2012). Lightly edited for readability by Wendy Pirsig (8/9/2020).