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THE FIRST STEP IN MEDITATION

Meditation is not a difficult task. Just free yourself from all incoming thoughts and hold your mind against them like a great iron wall. Think of your own room as the whole world, and that all sentient beings are sitting there with you, as one.

Make a searching analysis of yourself. Realize that your body is not your body. It is a part of the whole body of sentient beings. Your mind is not your mind. It is but a constituent of all mind. Your eyes, your ears, your nose, your tongue, your hands and your feet are not merely your individual belongings, but one in joint ownership with all sentient beings. You simply call them yours, -- and others. You cling to your own being and consider others separate from you. It is nothing but a baseless delusion of yours.

Just free yourself from all incoming complications and hold your mind against them like a great iron wall. No matter what sort of contending thoughts arise in you, ignore them and they will perish and disappear of themselves. And just as soon as your thought expands and unites with the universe, then you free yourself from your stubborn ego.

Then you will enter into a condition where there is no relativity, no absoluteness. You are now transcendent, far above both discrimination and equality. You have nothing to receive and there is nothing to receive you. There is no time, no space. There is no past, no future, but one eternal present.

This is not the true realization, but you are walking near the palace. Just free yourself from all incoming disturbances, and hold your mind against them like a great iron wall. Then someday you will meet your true self as if you had awakened from a dream, and will have the happiness you never could have derived otherwise. Meditation is not a difficult task. It is a way to lead you into your long-lost home.

SOYEN SHAKU