

The Masters of Old said that rarely does there appear the person
who knows the true meaning of zazen.

A model for such a person is none other than Bodhidharma.

He sat for nine years without expounding a word;
or, rather, there was not a word to expound.

After 49 years of teaching the Dharma, Shakyamuni declared,
"Not a single word to teach." He left no writings.

It really is inexpressible. You should only do zazen.
It was Bodhidharma himself who embraced this and demonstrated it.

What we call zazen is so very precious:
The reason is, it is the expression for truth.

If you want to know and savour the essence of this truth,
you have to sit and see for yourself.

Spare no effort -- Spare no effort