

Rev. Augustus C. C. C. C.  
my notes on the Amherst  
talk

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Zen is older than Buddha  
For Buddha, more empirical experience; most important to know human nature, the way to exist in the world. Buddhism is a study of human nature.

In our mind, everything exists; outside of mind, nothing exists. Zen emphasizes accepting things as they are. Accepting things that happen within mind while science understands things as phenomena apart from mind, objective, independent from mind. A Buddhist accepts; Buddhism is subjective. We are not satisfied with scientific understanding of things. Science can help us when it finds its proper place. — (1) When science remains ~~subjective~~ only, completely separated from the subjective viewpoint, it does not help us.

Psychological truths more true than scientific truths of physics and chemistry.

Practice of Zen:

1. stop thinking--refrain from concrete, non-abstract thinking.
2. our understanding is not dualistic. Whatever is in my mind can not be an object
3. duality becomes oneness of reality.
4. discover truth within mind rather than outside of it.
5. Scientific truth must be accepted within the mind as subjective.

Buddhism began in this light.

Buddhism believes in 2 directions of inner consciousness:

1. consciousness of self--theoretical and pure self.
2. content of consciousness

We try to live in this world based on intellectual understanding, but the theoretical and pure self is not merely intellectual.

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When we start from Intelligible One, the scientific world becomes the self-consciousness of universal world.

Zen understanding based not on scientific truth but on the Intelligible One. We accept truth in our consciousness

Only by consciousness can we understand something as true. Through thinking, it is impossible to understand--the more you think, the less you live.

NEED TO BE ATTENTIVE TO YOUR OWN CONSCIOUSNESS  
the final end: a theoretical self with nothing in the self.  
Unconsciousness: You are not conscious, but you are not dead.

My mind is small mind; I can be conscious of small mind, but not of true mind. The only reality is that which I can't be conscious of.  
Aim: to reach the source of one's consciousness, to find it in everything, including science. Everything you do should be projected from this awareness of real self.

This is difficult for a westerner because we rely so much on experience. But the practice of Zen directed at universal problem: the

freeing of the self.

We are too attached to analyzing the meaning of every experience.

For Zen, the ONE reality more important than each experience  
We emphasize each event; it is hard for me as a westerner to look  
at life in terms of One reality.

What I think is what Buddha thinks.

We are more concerned with content of consciousness--the  
scientific viewpoint; But we need to transcend the  
contents of consciousness to understand the reality.  
Science on one level of thinking, but there is a level of  
consciousness that is deeper.

✓ If understanding <sup>is</sup> completely based on contents of consciousness  
then one loses his being.

notes of Richard Avenari from lecture of  
Fuzuhiko-ishi - at Smith College  
Browsing Room Friday Eve. Feb. 24 '67