

SUZUKI-ROSHI: Our practice is to help people, and how to help people is to practice our way in each moment. That is how to live in this world and how to practice zazen. To have absolute refuge, we do not have emotional activity or thinking activity in our practice. To stop thinking, to be free from emotional activity when we sit does not mean just to be concentrated, but to have complete reliance on ourselves, also. We are just like a baby who is on the lap of its mother. That is zazen practice, and that is how we should extend our practice to our everyday life.

Of course, there are no special rules on how to treat things or how to be friendly with others. How we find the way in each moment is to think about how to help people practice a religious way. If you don't forget this point, you will find out how to treat people, how to treat things, how to behave yourself; and that is at the same time the so-called Bodhisattva way.