

# Contents

*Preface xv*

*Acknowledgments xxiii*

## Introduction

A Timeless Calling.....	I
Awakening.....	3
A Timely Response.....	5
Finding Our Function.....	8
A Zen Buddhist Training Program.....	10

## Chapter 1 · The Four Modes of Meditation

From Sitting Still to Compassionate Action.....	17
Preparing for Practice: Raising Bodhi-Mind.....	19
The First Mode: Harmonizing Body and Mind.....	20
Relaxed and Alert	
Breathing Through It All	
Inviting Everything In	
The Second Mode: Turning Your Own Light Inward.....	29
Clearing Out Our Perceptive System	
Beyond Thinking?	
A Mysterious Pivot	
Forgetting the Self	
The Third Mode: Clear Observation.....	40
To Be Enlightened by the Ten Thousand Dharmas	
Following Appropriately Amid Transformations	
The Fourth Mode: Bodhisattva Activity.....	49
The Human Realm	
The Four Modes Together.....	54
Sudden Insight and Gradual Cultivation.....	58

## Chapter 2 · Koan Investigation

Meeting Buddha Ancestors.....	65
Everyone Has Their Own Light.....	69
There Is No Teacher of Zen.....	73
A High-Mettled Horse.....	80
The Sound of Something Struck.....	85

## Chapter 3 · Zen Ritual

Look! This World Is Vast and Wide.....	91
Throughout Space and Time.....	93
Meditation in Action.....	98
Why Do You Put On Your Robes at the Sound of the Bell?.....	101
Form and Emptiness.....	103
Beauty.....	106

## Chapter 4 · Study Practice

Beyond Words and Letters?.....	109
Study and Practice.....	112
Countless Dharma Gates.....	115
Scriptural Study at Zen River.....	119
Sparks of Inspiration.....	121
Entry into the Realm of Reality.....	121
Thus Have I Heard.....	124
Emptiness of All Conditions.....	126
Expedient Means.....	129
Seeing Our Life in a Different Light.....	133

## Chapter 5 · The Zen Precepts

Learning to Function Naturally.....	137
Development of the Precepts.....	140
Daily Practice of the Precepts.....	144
The Three Treasures.....	144
The Three Pure Precepts.....	151
The Ten Grave Precepts.....	154

Right Speech.....	157
The Precepts as Koans.....	165
 Chapter 6 · Tozan's Five Ranks	
Absolute and Relative in Practice.....	173
The Five Ranks from the Relative Side.....	175
The Five Ranks from the Absolute Side.....	179
Excursion to the Bay of Naples.....	183
 Chapter 7 · Continuous Practice	
The Circle of the Way.....	187
Forgetting Time.....	189
The Continuity of Life.....	192
Accepting Our Function.....	194
Past, Present, Future.....	198
A New Model for Monastic Life?.....	202
Confirmation.....	205
 <i>Notes</i> 211	
 <i>Selected Bibliography</i> 225	
 <i>Glossary</i> 229	
 <i>About the Author</i> 261	