

Series 7 Talk 7
Points for Reflection

For reflection during this week, please try to settle in to these seven points that are the upshot of Uchiyama Roshi's entire dharma life:

- 1) First: Study and practice the buddhadharma only for the sake of the buddhadharma, not for the sake of emotions or worldly ideas.
- 2) Second: Zazen is our truest and most venerable teacher.
- 3) Third: Zazen must work concretely in our daily lives as the two practices (vow and repentance), the three minds (magnanimous mind, nurturing mind, and joyful mind) and as the realization of the saying "Gaining is delusion, losing is enlightenment."
- 4) Fourth: Live by vow and root it deeply.
- 5) Fifth: Realizing that development and backsliding are your responsibility alone, endeavor to practice and develop.
- 6) Sixth: Sit silently for ten years, then for ten more years and then for another ten years.
- 7) Seventh: Cooperate with one another and aim to create a place where sincere practitioners can practice without trouble.