

Shunryū Suzuki-rōshi
5:45 AM *SESSHIN* LECTURE
DURING MEDITATION BEFORE BREAKFAST¹
Friday, July 30, 1965
Lecture A
Soko-ji Temple, San Francisco

Don't be bothered by your mind.

Source: City Center original tape. Verbatim transcript by Bill Redican and Judith Randall (6/13/01).

¹ From the introductory comment by the tape operator in SR-65-07-30-B.