

the beginner. For the beginner, the practice needs great effort. <sup>Insert below</sup> So the understanding that whatever you do, that is zen, so it does not matter whether you practice or not, is completely mistaken. But if you continue, if you make your best effort just to continue your practice, without gaining ideas and with your whole body and mind, then whatever you do, that will be true practice. So just to continue should be your purpose. When you do something, just to do it, should be your purpose. Then form is form and you are you, and true emptiness will be realized in your practice.

INSERT [From Roshin's lecture, Aug. 4, '68, in S.F.]

Especially for young people, it is necessary to try very hard to achieve something. And you must stretch out your arms and legs as wide as they will go. (Demonstrating.) Form is form. You must be true to your own way until at last you actually come to the point where you see it is necessary to forget all about yourself.

¶ Until you come to this point,