

# you cannot appreciate our teaching in its true sense

Monday, August 15, 1966  
Sesshin: Lunch Lecture, Lecture B  
Sokoji, San Francisco

...for it means those who cannot appreciate the food that is given to you, cannot appreciate our teaching in its true sense. When you listen to our teaching, you should accept it, but if you have some prejudice, you cannot accept the teaching. For [???] to appreciate teaching in its true sense, means we should not have any discrimination with our food. This is a good test for ourselves. The food you have now will not be complete for you. Something will be quite strange or unfamiliar. We should appreciate the food we have at each meal.

[Sound of clappers striking once. Then Suzuki chants by himself, in Japanese, for 18 seconds. Then two clappers, then recording stops.]

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Source: City Center original tape. Verbatim transcript by Bill Redican (5/10/01). Lightly edited for readability by Wendy Pirsig and Peter Ford (9/2020).