



WIND BELL

Monthly Newsletter of the
San Francisco Zen Center
1881 Bush Street

January, 1962 / Issue No. 2

- WIND BELL

Hanging in space by his mouth
His whole body is his mouth

East, West, South and North Wind
He does not care

Always, he talks in many ways
about Prajnaparamita for others

Tsu Chin Tsun Ryan
Tsu Chin Ryan

.....Dogen

TRUE ZEN

If you want to meditate you must have instructions of right teacher, especially when you want to meditate at home.

It will take at least six months before you get your own right posture. **Everyone** has their own right posture but without instructions you cannot find it.

For to be your true posture, there must be spirit which is called Essence of Mind. Without spirit it cannot be your own.

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So we say, "When you become yourself then Zen becomes Zen."

01-00

