

*If we are truly involved with the development of our way,  
there will be no idea of development,  
of religious or worldly, of Japanese or American,  
of man or woman, or even of Zen.  
Such true activity will start  
when distinctions are forgotten  
and hindrances become the opportunity for practice.  
Thus you will know your own way.  
It is the time to put these seven hundred year old  
teachings of Dogen Zenji into practice.*

*Shunryu Suzuki Roshi*

*Sumi circle by Suzuki Roshi.*