

SUZUKI-ROSHI: If, when I die, the moment I'm dying, if I suffer that is all right, you know; that is suffering Buddha. No confusion in it. Maybe everyone will struggle because of the physical agony or spiritual agony, too. But that is all right, that is not a problem. We should be very grateful to have a limited body . . . like mine, or like yours. If you had a limitless life it would be a great problem for you.

This limitation is a vital element for us. Without limitation nothing exists, so we should enjoy the limitation. Weak body, strong body; man or woman. The only way to enjoy our life is to enjoy the limitation which was given to us.