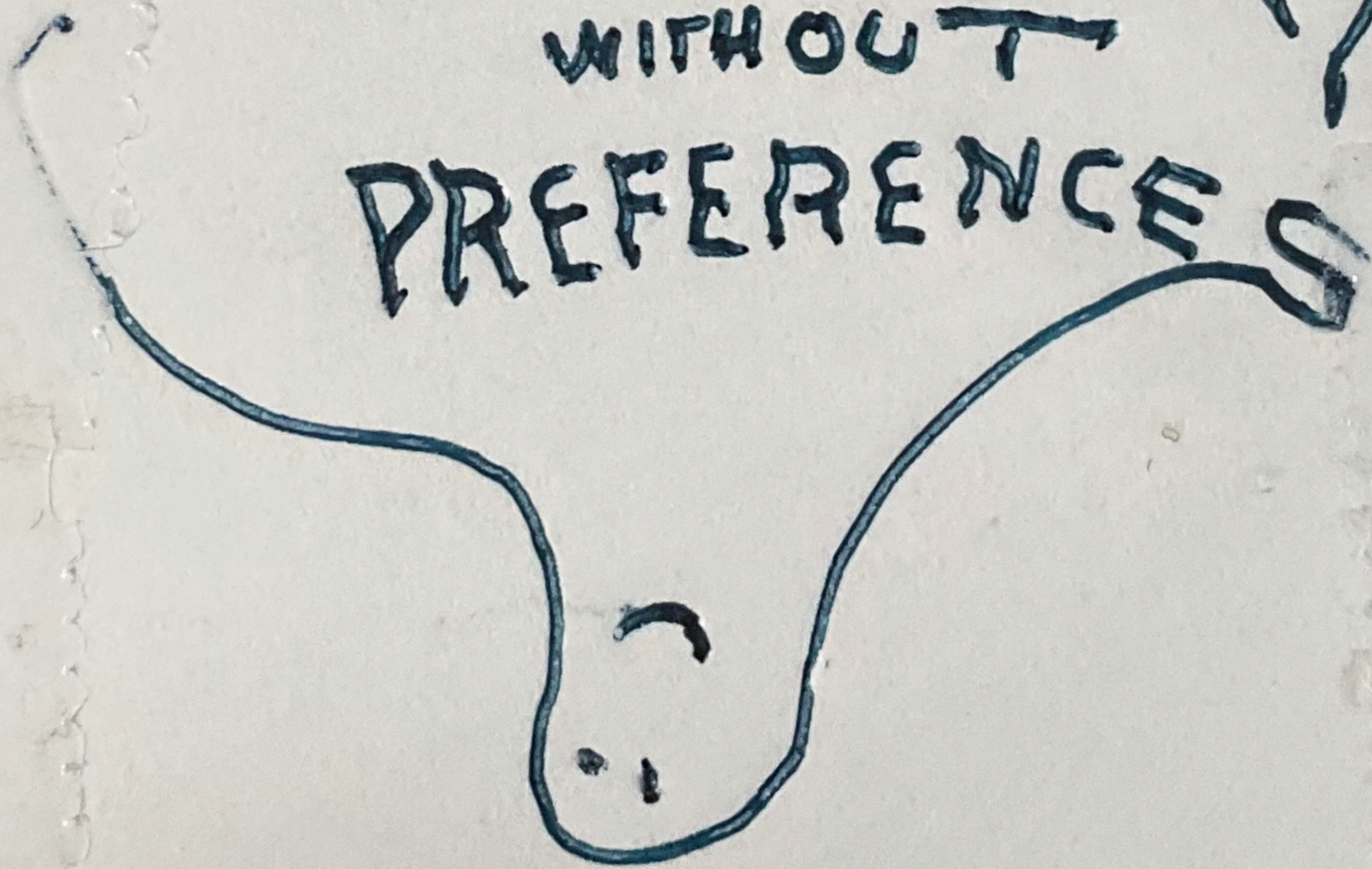


ZAZEN IS EASY FOR ONE
WITHOUT PREFERENCES
WITHOUT JUDGMENT
THIS IS GOOD THIS IS BA
THIS COULD BE BETTE

ZAZEN
WITHOUT
PREFERENCES



ZAZEN IS EASY FOR ONE
WITHOUT PREFERENCES
WITHOUT JUDGMENT
THIS IS GOOD THIS IS BAD
THIS COULD BE BETTER
A WONDERFUL WAY OF
LETTING THING GO
LEAVING THINGS ALONE
NOT CONTROLLING
NOT DOING ANYTHING
BUT JUST PEACEFULLY BEING
IN LIFE

~
FROM MEASURING COMES
CONTROLLING AND FROM
CONTROLLING WE START
INTERFERING ~ GOT
BUSINESS TO DO ~ WE
LOSE OUR PEACE WE
LOSE OUR CONTENTMENT

~

SO WE SAY ~ THIS IS GOOD ENOUGH
NO BUSINESS ON OUR DEST
NOTHING TO FIX UP
NOTHING TO CHANGE
NOTHING TO BECOME
NOTHING TO BECOME
AND SOME BECOME
STILL

AND THIS IS ALSO THE WAY
OF MEDITATION
LETTING THINGS BE
LETTING THINGS GO
NOT TRYING TO CONTROL
NOT TRYING TO GET SOME
WHERE
BE SOMEBODY AND

~

WE HAVE NO WORRIES
NO CONCERNS

WHY BECAUSE WEVE ABANDONED
ALL THE JUDGING
AND MEASURING
FROM WHICH THE WORK OF
LIFE ORIGINATES
WEVE GOT NO BUSINESS TO DO

~
WHATEVER WE EXPERIENCE
WERE JUST GRATEFUL TO BE THERE
EXPERIENCING
THIS IS GOOD ENOUGH
SITTING IN A QUIET PLACE
WHAT MORE
DO YOU WANT

~

SO REMEMBER

THE CAUSE OF STILLNESS

THE CAUSE OF PEACE

IS JUST LEAVING THINGS ALONE
AND LETTING THE BODY AND MIND
SETTLE DOWN ALL BY ITSELF

PERFECT

BRILLIANT

YOU'RE RELEASED

&

SO NO MEASURING

NO JUDGING

THEN WE CAN'T GO ANYWHERE

WE CAN'T DO ANYTHING

PERFECT

BRILLIANT

YOU DON'T NEED TO GO ANYWHERE
JUST WHERE YOU ARE

AND

DEEPER

AND

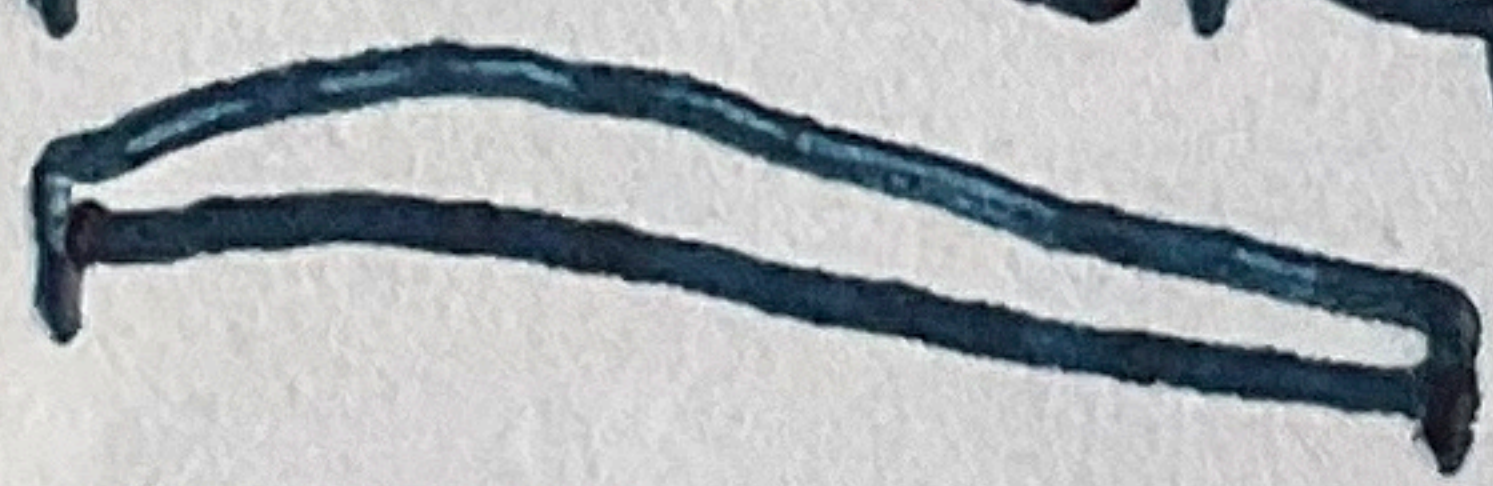
DEEPER

AND

DEEPER

&

SO REMEMBER
THE CAUSE OF STILLNESS
THE CAUSE OF PEACE
IS JUST LEAVING THINGS ALONE
AND LETTING THE BODY AND MIND
SETTLE DOWN ALL BY ITSELF

INTO WHEREVER
YOU 

BEYOND IMAGINATION