

Our mind should be calm

Tuesday, August 16, 1966

Sesshin: Lunch Lecture

Sokoji, San Francisco

Our mind should not be stagnated or in agitation. Our mind should be calm. And to be calm does not mean to be stagnant.

So put your head more straight and upright. Pull your chin in.

Then your state of mind will change.

Source: Original City Center tape. Verbatim transcript by Bill Redican (5/14/01). Lightly edited for readability by Wendy Pirsig and David Chadwick (7/29/2020).