

Theme for Summer Ango 2024

Shuso – Tokan (Just Clarify)
Tokuhan Craig Stepanek



THE PLACE OF PRACTICE

from the book "Tea Life, Tea Mind"
by Soshitsu Sen XV

In the time of the Buddha, a man was walking deep in the mountains in search of a place where he could discipline himself to understand his spirit. While searching he chanced upon one of Buddha's disciples.

"Sir, from where do you come?" he asked. The disciple answered directly, "I've come from my place of practice." Thinking that this man knew of the very place for which he had been searching, he asked the disciple, "Sir, I am looking for that same place. Please take me there." The disciple answered, "The place of practice lies in the pure and honest spirit where there is no false vanity." Startled, the man saw that the place of practice and discipline is not only seen with the eyes. The place of practice is the spirit. The spirit searches to enlighten itself. It does not matter whether it is a room where one practices tea or meditates. Any place that is peaceful is the place where you can find your own spirit.