

Theme for **Summer Ango 2023**

Shuso – Shoshin (Beginner’s Mind)

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“You should therefore cease from practice based on intellectual understanding, pursuing words and following after speech, and learn the backward step that turns your light inward to illuminate your self. Body and mind will drop away of themselves, and your original face will manifest itself. If you want to attain suchness, you should practice suchness without delay.”

*by Dogen Zenji
excerpt from Fukanzazengi*