

SUZUKI-ROSHI: When I say it is difficult to practice in such a beautiful building with a completely furnished zendo I mean rigid formal practice in a complete zendo is not always good practice. The practice then may tend to be dead. To have a strong practice in comfortable surroundings is difficult. But when you practice with various difficulties that practice has a lot of strength in it. To help others who may be in the midst of difficulties in this sense is to help them have good practice. When we practice in the midst of the difficulties of our neighbors and our own difficulties, then we will have good practice. Our practice will be actual.

**SUZUKI-ROSHI:** In the East the main effort we make to solve problems and to help society is to work inside ourselves. But here in the West we try to solve problems actively, by action outside ourselves. The real way to help others should be a combination of the so-called Eastern and Western ways.

**SUZUKI-ROSHI:** Kitchen work and meal practice are very important. This is the first step toward the practice of non-duality. Those who have non-dualistic meal practice can extend that practice endlessly into various practices. The way we take care of kitchen work should be the same way we take care of our posture and breathing and every part of our body in our zazen.