

Buddha-Way. If this is so, how can you underestimate the world of the Three Treasures?

- 1 The Buddhist scriptures were used to be printed on yellow paper and attached to a red stick.
- 2 Tanka Tennen (Dānxiá Tānrán, 739–824) was a disciple of Sekitō Kisen (Shitou Xiqian). While he was staying at Erinji (Huilin-temple) during a cold winter, he burnt a wooden statue of the Buddha to warm himself. Monks there renounced him for it. He said to them, "I'm burning this to take *sharira*." (the Buddha's relics). Someone said, "How can you get *sharira* from a piece of wood?" Tennen replied, "If we can't, then why do you find fault with me?" In this story Tanka showed that the statue of the Buddha is not the real Buddha. We should see the formless Buddha beyond the form of the statue.
- 3 *Shashu* is a way of holding the hands. Put the thumb of the left hand in the middle of the palm and make a fist around it. Place the fist in front of the chest. Cover the fist with the right hand. Keep the elbows away from the body forming a straight line with both forearms. In some Zen monasteries, monks keep their hands in this position while walking and standing.

3–10

Dōgen also said,

Now if you wish to practice the Way of the buddhas and patriarchs, you should practice the Way of the previous sages and