

The Seven Regulations of This Monastery

Torei Enji Zenji, translated by Eido T. Shimano Roshi

1. *If one really wants to do zazen, even though he is a beggar, we must admit him. But if someone wants to come to this mountain monastery for the sake of his vanity or for selfish reasons, even if he be a nobleman, he must not be allowed.*
2. *We shall refuse anyone who comes to this mountain monastery for the sake of appearances or just to socialize. If anybody wants to visit this mountain for sightseeing or frivolous talk, it is out of the question.*
3. *Drinking alcohol, playing chess, and other trifling games, is strictly forbidden. The same is true with playing instruments, singing, or dancing.*
4. *Smoking seems a harmless deed, but I know the bad effects of smoking tobacco. It leads to laziness, and at the same time it increases your greedy mind and your attachment to pleasure. A real truth-seeker must not smoke. If one truly does zazen, he often forgets even sleeping and eating. How can you indulge in such a pointless activity?*
5. *Ceaseless concentration, under any circumstance, is the most important attitude in Zen practice. From dawn to dusk, you must be with it. When you work, eat or read, keep your concentration.*
6. *Confession is one of the most important practices to change your karma. In order to do so, offer incense to the Buddha, do zazen in the morning and in the evening and chant sutras. Let your Samadhi energy flow, thus your delusions will weaken. If you keep going like*

this without cease, for many years, undoubtedly all the Dharmas will shine.

7. *Seeking the Dharma is just like climbing a mountain. The more you climb, the more you will know its height. Unless you reach the top of the mountain, the view is still incomplete. Searching the Way is just like entering into the ocean. The farther you go in, the more you will know its depth. Unless you reach the bottom of the sea, your attainment is not deep enough. Pay attention to your deeds, minute after minute. Study the doctrine day by day. Have a good Dharma teacher and friends, ask questions if you don't understand. The object set before you is as noble as the height and subtlety of the mountain. Compassion and forgiveness are as profound as the depth of the ocean. It is my sincere hope that these words are good enough to foster great geniuses. Be diligent!*

All of us must keep these seven regulations. If anyone violates even one of them, he is no longer my Dharma friend. Or, if some of you indulge in poetry, abandon yourself to painting, cling to clothing and eating, criticize as right and wrong, have a hateful mind, forgetting the aim of a true monk, and seek fame and wealth, I will expel you immediately.

*April 18, 1760,
The Abbot of Ryutaku Monastery
Torei*



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