

## MY HEART BURNS LIKE FIRE

Soyen Shaku, the first Zen teacher to come to America, said: “My heart burns like fire but my eyes are as cold as dead ashes.” He made the following rules which he practiced every day of his life.

- In the morning before dressing, light incense and meditate.
- Retire at a regular hour. Partake of food at regular intervals. Eat with moderation and never to the point of satisfaction.
- Receive a guest with the same attitude you have when alone. When alone, maintain the same attitude you have in receiving guests.
- Watch what you say, and whatever you say, practice it.
- When an opportunity comes do not let it pass by, yet always think twice before acting.
- Do not regret the past. Look to the future.
- Have the fearless attitude of a hero and the loving heart of a child.
- Upon retiring, sleep as if you had entered your last sleep. Upon awakening, leave your bed behind you instantly as if you had cast away a pair of old shoes.

*Zen Kōan*