

Continuous Practice,

from *Essential Dogen*, Tanahashi and Levitt, pp. 152-154, selections

*Although each moment of practice actualizes enlightenment, practice does not end there but continues endlessly without a gap. It even continues beyond one's lifetime.*

Continuous practice that actualizes itself is no other than your continuous practice right now. The now of this practice is not originally possessed by the self. The now of this practice does not come and go, enter and depart. The word "now" does not exist before continuous practice. The moment when it is actualized is called "now." This being so, your continuous practice of this day is a seed of all buddhas and the practice of all buddhas. All buddhas are actualized and sustained by your continuous practice.

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Blossoms opening and leaves falling now are the actualization of continuous practice.

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The continuous practice of buddha ancestors has the great power to awaken both humans and devas, who, however, may not notice that they are helped by it.

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If you attain one day of continuous practice, you not only attain the practice of one hundred years but you awaken others for a hundred years.

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Continuous practice, day after day, is the most appropriate way of expressing gratitude.