

EIGHT AWAKENINGS OF GREAT BEINGS

The fifth awakening is not neglecting mindfulness. It is also called maintaining right mindfulness. This helps you to guard the dharma so you won't lose it. It is called "to maintain right mindfulness" or "not to neglect mindfulness."

The Buddha said, "Monks, for seeking a good teacher and good protection, there is nothing like not neglecting mindfulness. If you practice this, robbers of desire cannot enter you. Therefore, you should always maintain mindfulness in yourself. If you lose it, you will lose all merits. When your mindfulness is solid, you will not be harmed even if you go into the midst of the robbers of the five-sense desires. It is like wearing armor and going into a battlefield, so there is nothing to be afraid of. It is called "not to neglect mindfulness."

The sixth awakening is to practice meditation. To abide in dharma without being confused is called "stability in meditation."

The Buddha said, "Monks, if you gather your mind, it will abide in stability. Then, you will understand the birth and death of all things in the world. You will continue to endeavor in practicing various aspects of meditation. When you have stability, your mind will not be scattered. It is like a house where water is used sparsely, or an embankment that holds water. You practitioners are like this. Because you have the water of wisdom, you practice stability and the water of wisdom is not wasted. This is called 'stability in meditation.'"

Written at the Eihei Monastery the sixth day, first month, fifth year of the Kencho Era [1253].