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## Don't Make Practice

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**Student:** Don't we have attachment to practice?

**Piotrowski PSN:** Yes. So don't make practice. If you make something, it starts to control your mind, immediately. When you make an idea of "practice", that idea controls your mind.

So don't practice Zen; just lead your everyday life. This is a very important part of our teaching: everyday life is our practice and our practice is everyday life. So in the end there is no "everyday life" and "practice. There is only this moment (*hits floor*). What are you doing right now? Be clear. Be sincere. Just keep this mind. Be clear, be open, be sincere, right now.

Practice is not anything special. Practice is a natural need of the human mind. In the Temple Rules there is one very wise sentence, which says: "If you do not open your mind in this life, you will not be able to digest even one drop of water." Also, this world will not be able to digest you! (*Laughs.*)

So practice is not practice. What we call "practice" is the great work of life and death, which means the way to be a real human being – how to wake up, how you are open and sincere in every moment. If you are doing something, how are you doing it? 20%, 30%, 80%? That's it. 99% is not enough. One more step is necessary.

So our whole life is our practice. This means, how do you connect with the situation in which you are? We say, perceive your situation and your relationship, and find your correct function. It's not "practice": it is healthy human life. Okay?

Practice does not mean only a thousand prostrations a day and five hours sitting. Dae Soen Sa Nim says in "The Compass of Zen" about energy in Zen, or right effort: "When you walk, when you sit, when you lie, when you move, when you speak, when you are silent, when you work, when you rest, in every time and in every place: What is This?"

Without understanding themselves, human beings cannot be themselves. Don't make practice, then attachment will not appear: it will be correct function.