

✓ it is necessary to supplement practicing by a new name to "yoga"  
(not merely the current meaning of that word which refers to exercising  
muscles, the use of prosthetic devices, & so on). Rather "de-control".  
(Note Hatha Yoga makes the prime mistake of "controlling". Better let  
the body do its work; the "voluntary" muscles etc. cause all your  
troubles, because friend ego is handling them & ~~of~~<sup>together</sup> other  
"channelling" them - is that spelled correctly? See P.M. Alexander's  
work in England & many others.)

Later I grew to understand my own teacher & to apply the  
Tibetan word "rimpoche", honored or revered. She was not in a  
"chain", had no teacher. So my "guarantee" goes back to her  
"guarantee". Thus there is always one Not guaranteed.

IN TAOISM Lao Tse was asked for credentials. He said "by the Tao."  
What else is there to say? (Lucky to have a choice!)

Thus a delicate discrimination is required in choosing a master,  
"discrimination" = "viveka" (Sanskrit) विवेक and implies "weighing  
the imponderables"! This you must nevertheless do. Almost a leap in  
the dark. Faith that proof will come! A paradox however you look at it.

Since masters are one in a million, and by correspondence one in  
who knows what, where can you turn? Either to Saito or to the Zen Master  
in New York (Muira Roshi). These however require personal attendance &  
even then may NOT be for you. A slim chance indeed! 1 in 3,000,000,000!  
Doubt exceedingly if any advertised course is worth anything except as a  
mild psychotherapy or literary sedative, if that.

The student hardly ever thinks that the Master knows intimately,  
and as a friend, that which is responsible for the trees, the earth, the  
nebulæ, not to mention ourselves! Even if the student regards this as  
hypothetical he should at least imagine it is how the Master sees it -  
and that therefore a minute squabbling about fancied slights and  
so forth is out of place in this larger context, & more suitable for  
children & the highly superficial & moronic. The student should in  
fact have some of the elements of greatness and fine thinking, otherwise  
the "work" is as vain, as the French say, as washing the head of a  
donkey. The Master must be very patient because the student assumes  
that he will "stand by" while the student questions, probes & examines  
- & often to excess or flippantly. The student by his very experimenting  
is showing that he does not know whether the Master is one or not!  
So he should at least make sure that his quarry doesn't get away  
while he "draws a bead" on it!! Fortunately the M. knows this only too well.

Sokaku Shaku on his seventieth birthday (Apr 16, 1939) recounted to  
Sokei-en that in the 40 (!!) years of his teaching, 3,000 men & women had  
come to study Zen under his direction. Of these he initiated 900 (presumably the  
rest were inaccessible) & of these 13 completed the training, but only 4 of these  
had "penetrated to the core of Zen" & became teachers. They were Sokei-Soto,  
Risan Tatentatsu, Chikudo Ghasama & Sokei-en himself. I worked as I said under  
a pupil of Ghasama (but changed, as I said). Zen is tough indeed.  
(and friend of Sokei-en)

Personality is, again, a dangerous thing for us to estimate  
people by. A priest may appear to us to have "elevation" & to be a