



Nan-in, a Japanese Zen Master during the Meiji Era (1868-1912), hosted a university professor of philosophy who came to inquire about Zen. The professor spoke at length on all he knew about Zen. Nan-in began pouring tea into the professor's teacup and when it became full, he kept pouring. The professor watched the overflow until he could contain himself no more. "It is overfull and no more will go in!" To which Nan-in said, "Like this cup, you are full of your own opinions and speculations. How can I show you Zen if you first do not empty your cup?"

A beginner's mindset is what each deshi should strive to develop. Through a beginner's mind, all things are possible and learning occurs quicker and more efficiently. No one ever steps in the same river twice; and no one technique is ever exactly the same – only the perception that it is so. Think on these things.

MUSO JIKIDEN EISHIN RYU
