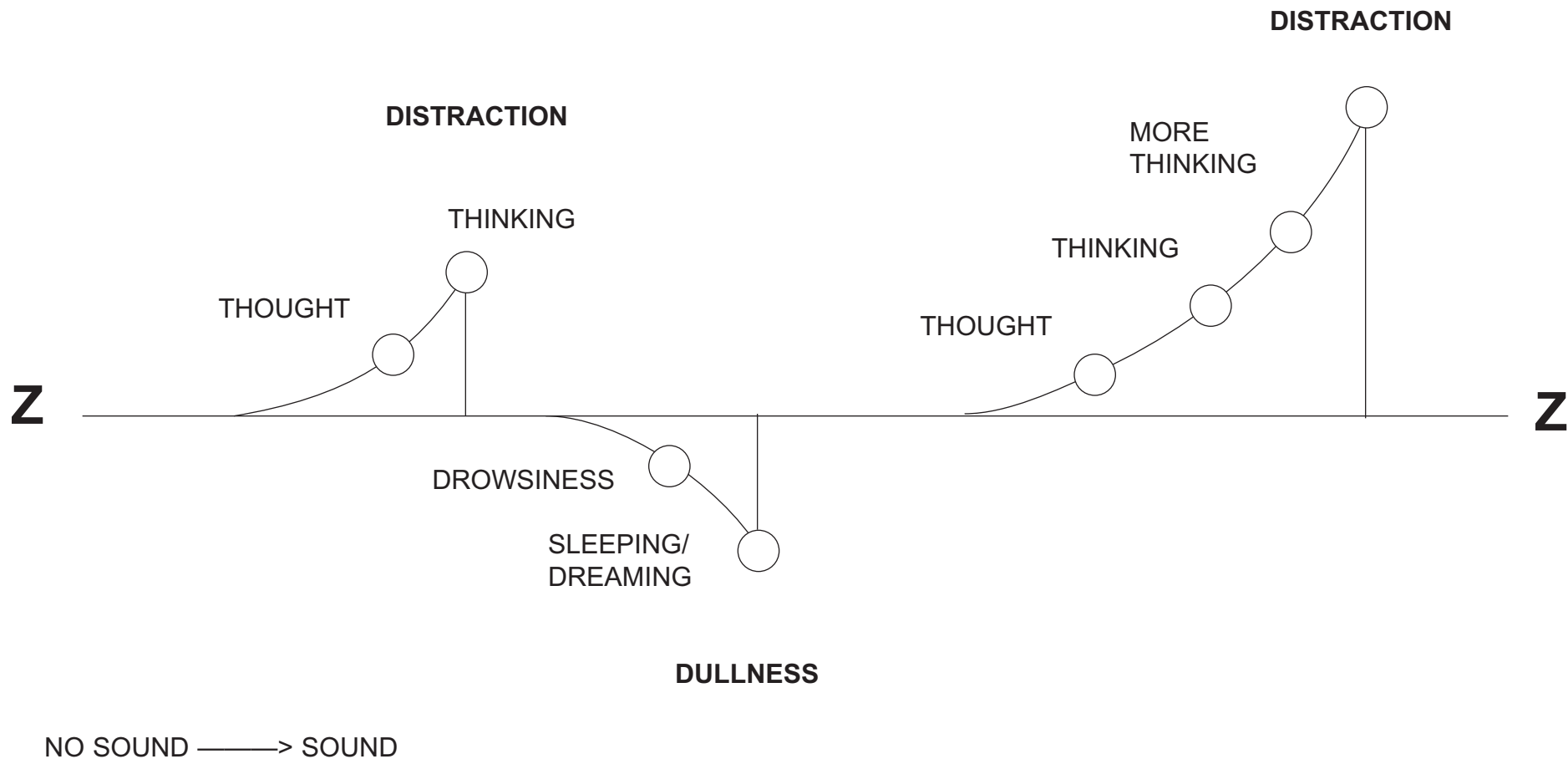


The span from Z to Z is nothing to “keep track of”. Our business is the preciseness of practice (0 or 100%) when dullness or distraction is realized. In the noticing (vertical line), there is no distance to travel, nor is it two steps (notice & return). The noticing is itself the return. It is we who—in our confusion—add the idea of “self” that may appear at that point. The noticing, without the idea of self, is preciseness of practice. Neither the “distance” traveled in thought, nor the length of time “away”, are to be measured... simply be PRECISE with the return to the True life that is expressing thus.

—Bev Forsman



Idea for chart from Kosho Uchiyama's *Opening the Hand of Thought*