

WHAT IS PRIMARY POINT?

by Zen Master Seung Sahn

When you have a scale and there is nothing being weighed, the indicator points to zero. You put something on it and the pointer swings to "one pound." You take it off, the pointer goes back to zero. This is primary point. After you find your primary point, when good or bad feelings come, your pointer swings in one direction or another, but this doesn't matter. Don't check it. When the feelings are over with, the pointer swings back to zero.

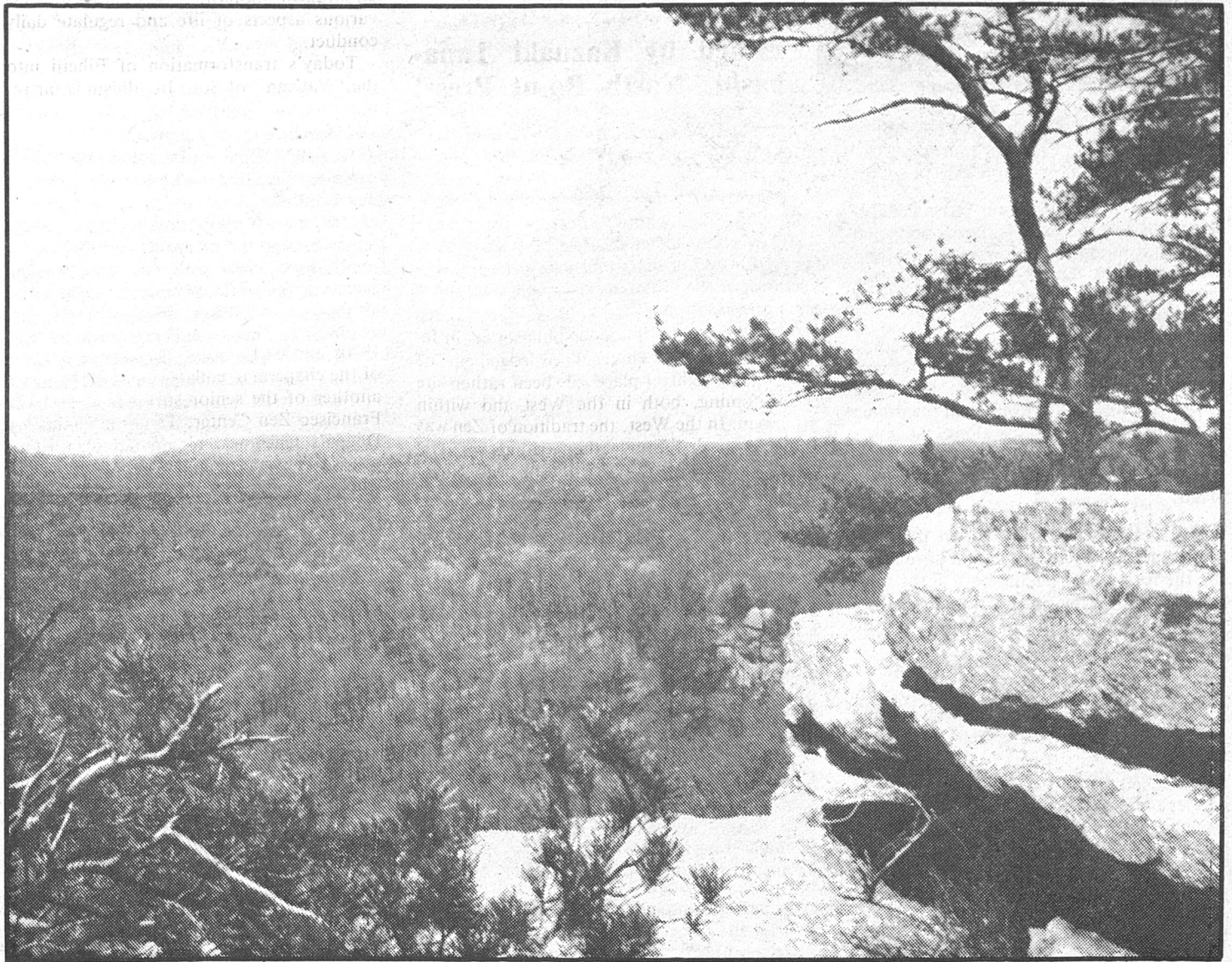
If you haven't found your primary point, it's like taking a heavy object off the scale and having the pointer stay at "ten pounds." Or the pointer moves back only part way, it doesn't go com-

pletely back to zero. Then your scale does not weigh correctly. If you put a heavy object on it, it may break completely.

So first you must find your primary point and keep it very strongly. A taxi

has weak shock absorbers, so it bounces up and down. A train has strong shock absorbers, so it's very steady. If you keep your primary point, your mind will become stronger. If you keep practicing, your mind can carry heavier loads. Then

when you meet a big problem, your mind will move less and less and soon return to primary point. Finally, your mind will be very strong, able to carry any load. Then saving all people is possible.



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