

WHAT IT IS LIKE

a book by Paul Reps

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Reps, Paul
Sit in

#1686

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Reps, Paul, 1895-

Sit in : what it is like / words
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c1975.

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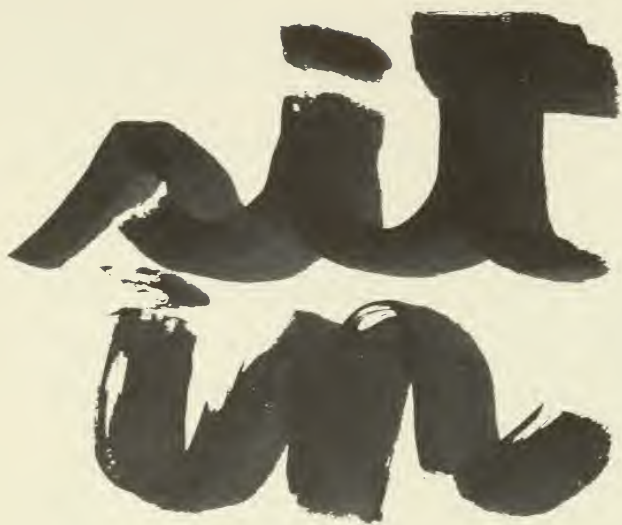
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WHAT IT IS LIKE

Words and brushwork by Paul Reps

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San Francisco, Ca. 94102

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Book begins here

Head and heart are not apart

Sit in in-vites you
Into new experiencing
As new all through
Doing (no thing) well

In the Orient
Those who sit in
Become stronger healthier
And surer of their cosmos position

So may you

Humans from over the world
Visit these sitters
And often wonder what they are doing

This book explains what
So they may visit you



The act of sit in
Takes self discipline

Then it takes self guidance
Even to take a step you guide it

Then it takes other guidance
The coming together of cosmos as you
Accepting this togethering thankfully
Graduating from dissatisfaction

All this packs in sit
Keep in before words about it
Do not go beyond in

As men give their life for country
Give yours for life itself
In any position or act of good will
Graduate in

Please compose ourself
This may take a little while
Then

then

As you sit in
Without moving even a finger
With a friend present or
Present elsewhere

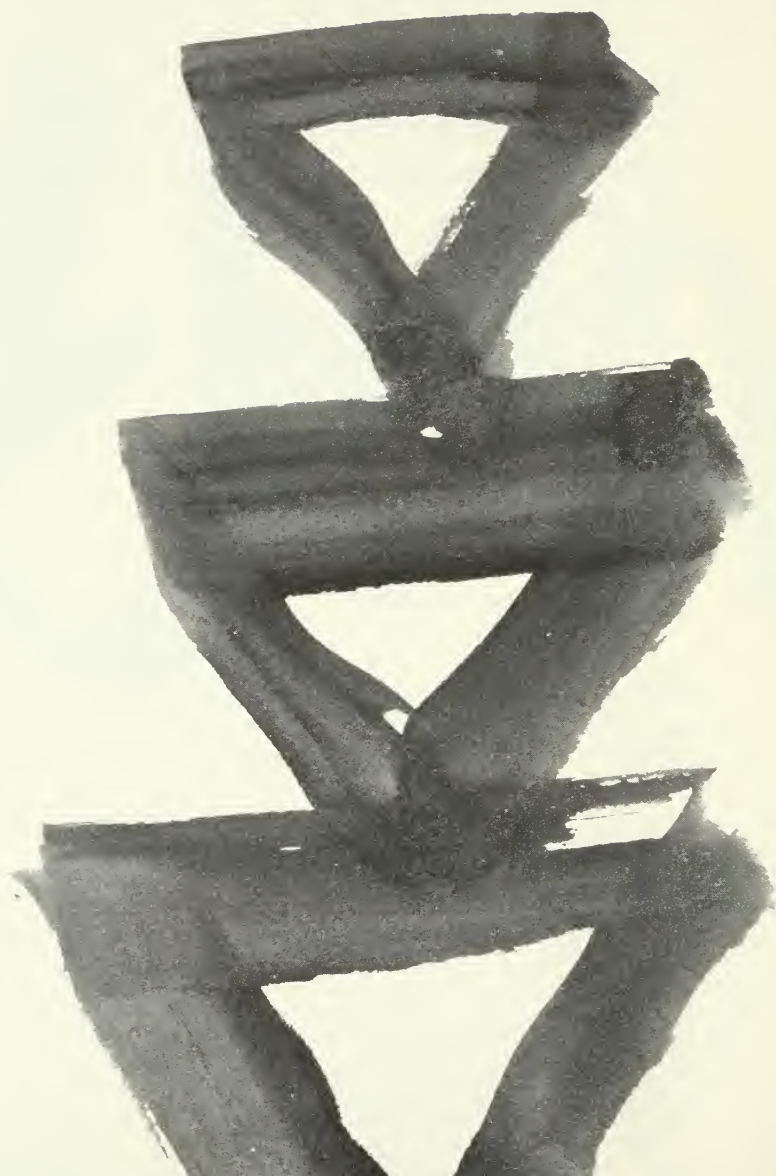
1 minute the first day
2 minutes the second day
3 minutes the third day

Increasing minutely up to 10

Or later maybe more

Preferably at the same time place
Perhaps in an empty quiet room

Your integrity begins to show
Cell rhythms smooth in
And you feel better and
Better



When standing
We balance our human instrument
As three inverted triangles

Head into shoulders

Shoulders into pelvis

Pelvis into feet

As this mobile balancing
Leans slightly
Muscle stress begins to recover
Us into weightless
Perfect
Bliss this



As we compose
Our lowest triangle
Into a firm base
Including our whole body
In-ing begins

Sitting crosslegged
On a hard cushion
Or forward on a low flat seat
with both feet on ground
Something amazing happens

We	open
Shut	up
Up	in



"shut

"shut
up"

up"

rock conversation

Sit comfortably then most
Comfortably erect

Centering your weight equally
On two sit bones

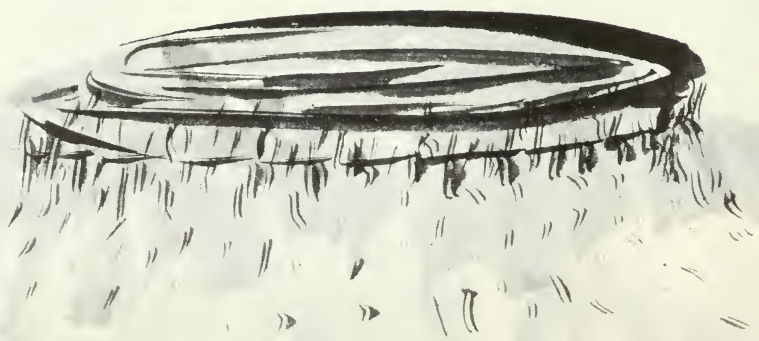
Forehead smooth
Soft eyes near closing

Inbreathflow high through nostrils

Shoulders releasing
Back firm
Neck soft
Jaw not tight

Head floating up from back
As if about to nod yes
Though not yet nodding

well
silently,
overflowing



The sitting itself
Your answer

The sitting itself
Your healing

Just do it

Difficult when stiff
More and more fluidly flexive
When firm and gentle with you

Impulse subdued

Emotive re-act pacified

Radiance through



who
is

Too simple to believe
In experiencing
Millions of years before yoga
Thousands of years before zen

Re-discovered gloriously by buddha
(2500 years ago) and other sages
And variously formalised

If a dull moment comes

Stretch

Loosen

In



“What is it like?”

Like inlight

Actually we are made of light

Too instant for birth death

“How?”

Observe natural breathflow

Outbreathflow

Inbreathflow

Imagine turning palms of hands

Down with outbreathflow

Up with inbreathflow

Continuing without moving hands

In your rhythm of suns and seas

Given with birth

Lo the great harmony



pine needling

“Are you dreaming it?”

Waking from dream and

From waking dream

Graduate in

“Does it help others?”

Are you others?

Are others you?

Is empty full?

“Can it be done with overstepping

Overdoing overgoing?”

Yes

“Does it get to be a habit?”

If you sit and sag

Try too hard

Try to repeat it

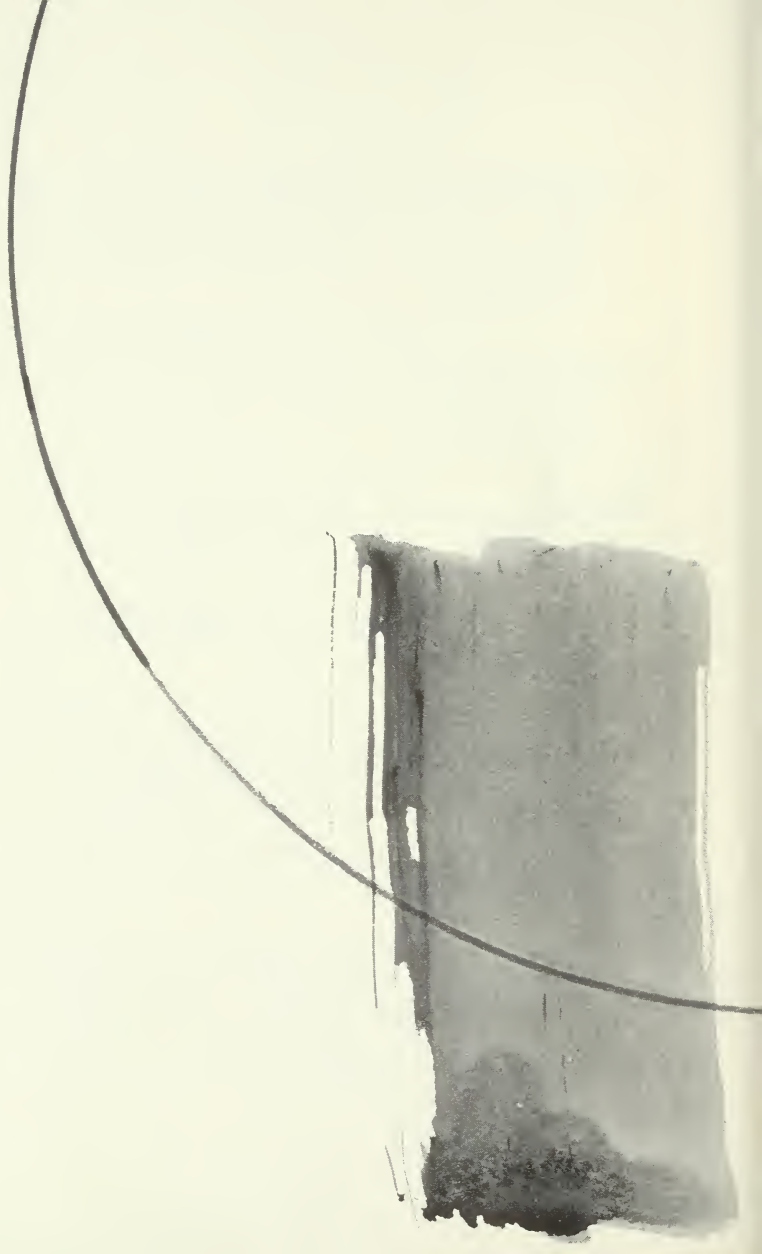
It's electric

Just as it sits

Earned benefits of sit in
May be due in part to:

- a) Your willing to practice it
As an act of integrity
- b) Charging your batteries
Minding your business
- c) Doing nothing beyond in
- d) Mind attention accommodating
One aggregate at a time wholly
- e) Smoothing broken breathflow
- f) In-viting innate nerveflow
Bloodflow lymphflow juiceflow
Cell consciousnessing

- g) Pressures on large base
Nerve cluster opening inner doors
To tophhead
- h) Entering silent sound
Awarefullness
- i) Self-learning to do (no-thing)
When about your daily work
Moving water-smooth light-bright
So nothing is the water
- j) Multiple other reasons unknown
As yet to us air and light breathers





in this

IS

to help one

you

wonder

together

who me?

lifetime
resolves

individual

so

only part



bud
adoring
sun

Something
Is
Immediate
Unchanging in change
Inchanting me me
In each grassblade

“Who me?”
Instead of me or I
May one answer

IS—is does it

Is
Sits

Fresh
Shouts the bud



ROCKS
once were humans
who sat to become
them

Strengthening

Trueing

yellow sun





gold sun
ums prob

Utterly still

You may feel it is meditating
Or praying or composing
Or graduating from talk-back

Before before say
Keep in
Firm as pyramid
In deep wake
As in deep sleep
Instantly regenerating
Rejuvenating

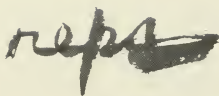
New life begins here

Thank you for your life



Our energy sea sees us.
Earth and its creatures are negative to light.
We break through to inlight.

any questions?



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