

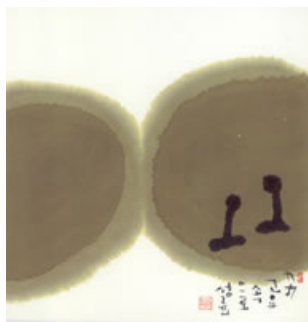
The quickest expedients for practitioners to attain the power of Cultivation in both action and rest are as follows:

First, in all your actions, do nothing that will disturb or devastate your spirit and avoid such sensory conditions.

Second, do not entertain craving or greed in responding to any matter but, instead, habituate yourself to having a dispassionate attitude.

Third, when you are doing one thing, don't be distracted by something else, so that you concentrate only on the task at hand.

Fourth, in your spare time, pay attention to reciting the Buddha's name or sitting in meditation



The quickest expedients for attaining the power of Inquiry in both action and rest are as follows:

First, in all your actions, strive to gain knowledge regarding that particular matter.

Second, strive to exchange opinions with teachers and colleagues.

Third, allow questions to arise while you are seeing, listening, or thinking. Strive to resolve your questions through concentration, meditation, and study.

Fourth, strive diligently to deepen your acquaintance with scriptures.



The quickest expedients for attaining the power of Choice in both action and rest are as follows:

First, once you know something is right, proceed with it even at the risk of your life, regardless of whether it is great or small. Once you know something is wrong, desist from it even at the risk of your life, regardless of whether it is great or small.

Second, do not be discouraged at being unable to carry out something when you cannot put it into practice, but continue with your sincere effort.

