

Four prerequisites to Chan practice



Great Confidence

- Having great confidence in Buddha's teaching
- Having great confidence in Matriarch/Patriarch teaching
- Having great confidence in present Master's teaching
- Having great confidence in ourselves (Potential Buddha's)



Great Vow

- Generate the great vow
- Repeat the great vow everyday before or after practice
- Repeat the great vow when you see sentient beings suffer, but are not able to help them



Great Determination

- Have great determination to completely let go of self-centered deluded thinking and attachment and tame the habit in this life
- Persevering earnestness to keep Chan practice like the soft stream continuously flows without stopping



Great Diligence

- Apply the guiding concept of non-abiding awareness in sitting Chan
- Apply the guiding concept of non-abiding awareness in daily activities