

# Contents

## Part I

The Resurrection of my Buddhist Belief .....	1
Chapter I.....	8
Faith is the sole means by which to enter into the great ocean of the Buddha's teachings .....	8
1 The Five Kinds of Eyes .....	8
2 The Three Kinds of Beliefs .....	12
Chapter II .....	14
The Real Self .....	14
1 The Real Self means the Absolute Self which Buddhism preaches .....	14
2 Ego, Self that is subject to perpetual repetition of birth and death .....	15
3 Self as a Unitary Subject — The Absolute Self .....	20
4 The Awakening of the Real Self .....	26
5 The Object of Buddhist Practice .....	31
Chapter III .....	35
The True Nature of the Mind .....	35
1 The Mind — Its Seat and Aspects .....	35
2 The Aspects of <i>Shiki</i> , or Consciousness .....	41
Chapter IV .....	47
1 True Nature of Mind .....	47
2 Self Coextensive with the Universe .....	53
Chapter V .....	59

<i>Nehan</i> , Nirvana and <i>Bodai</i> , enlightenment .....	59
How and at what moment in the course of the practice for Buddhahood can one achieve <i>Nehan</i> and <i>Bodai</i> ? .....	59

## II

Chapter I .....	71
The <i>Alaya</i> Consciousness .....	71
The three factors which are causative of a thought, the nervous system ( <i>Kon</i> ; sense organ), stimulus ( <i>Kyō</i> ; object of cognition) and action of attention ( <i>Shiki</i> ; consciousness) .....	71
Case Examples of Hypnotic Experiment .....	74
<i>Kon</i> , <i>Kyō</i> , and <i>Shiki</i> .....	81
Chapter II .....	90
Self Coextensive with the Universe .....	90
Self Coextensive with the Universe .....	90
<i>Udāna</i> • <i>Parayana</i> • <i>Nyo-ze-go</i> .....	95
Eka Mondō (Dialogue) • Ikesue Mondō .....	103
Foreword .....	106
Acknowledgments .....	108
Index .....	110