The *Shôyôroku*, translated as "Book of Equanimity" or sometimes as "Book of Serenity", is a famous koan collection in the Soto line. Originally Master WANSHI Shôgaku (1091-1157) collected 100 koans and made a verse to each one of them sometime in the middle of 12th century; then Master BANSHÔ Gyôshû (1166-1246) supplied the collection with Instructions, Commentaries etc. in 1223/24. In the following teisho, only the "Instruction", "Case" and "Verse" are dealt with according to the traditional manner.

YAMADA Kôun Roshi delivered his teisho on Case 1 of the *Shôyôroku* on 24 April 1978; his teisho on Case 100 was given on 23 May 1985. All teisho on the *Shôyôroku* in those five years were recorded into tapes, and they are now being transcribed into a written form.

The project of the English translation of Yamada Kôun Roshi’s Teisho of the Shôyôroku (Book of Equanimity) was launched in late 2002, and now at last we are ready to start mounting the work successively on our homepage. Our first presentation is rather incomplete, but we ask for your tolerance and understanding for the time being.

The excellent translation is the work of Paul SHEPHERD; the manuscript was proof-read and edited by SATO Migaku with the Japanese original at hand.

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SATO Migaku
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