

## FROM OUR READERS

### WALKING THE WALK

I found Shawn Threadgill's article ["Living by Example Versus Spreading a Method," September issue] on how he promotes this practice to be an utter relief. Both my spiritual backgrounds (Judaism and 12-step recovery) insist upon being practices of attraction, not promotion. In other words, if you are walking the walk, then that talks the talk for you.

Kosen-rufu is not about dragging someone to chant. It is about being the chant in action, the Buddha in our own shoes and people feeling encouraged to walk with us. My practice has made me a better person and friend and family member, not because I've gotten my extended world to chant but because I've chanted and am a lot nicer in my extended world.

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