

Zoom Zazen

Saturday 24th July 2021

Today's *kusen* continues last Saturday's on Emptiness.

The fundamental aspect of zazen is that whoever practices often thus, in this particular way, can directly *see* into and understand the nature of Emptiness.

In our meditation, we can *see* the setting into motion of emptiness, and the play of the appearance and disappearance of things - which produces in our own mind this exploration, this observation. And this truth is expressed in the ***Hannya Shingyo***: *Ku soku ze shiki* and *shiki soku ze Ku*. Form, phenomena and emptiness are in perfect unity.

The image of the ocean and the waves can help us to internalise this truth. Emptiness - meaning the formless essence of all forms - is limitless, without characteristics, empty. Even empty, as well, of emptiness. We can compare it to the ocean, or to space - which in their immensity and their depth appear immobile. However, in this stillness, even though we can't find the cause, there occurs a vibration; an energy is manifested. And there it is - the surface of the ocean is disturbed by movements that intermingle and overlap, that mix together in unceasing agitation, apparently without order.

Innumerable waves, of all sizes, various currents, storms. There is however only one ocean, which cannot be separated from the movements which are produced at its surface, and which neither make it get smaller nor increase its size. The ocean hasn't, either, got the voluntary intention of creating all these movements on its own surface. The play of the waves occurs naturally. All the movement is free and spontaneous. That's how it is! *Nyoze*. Just as it is!

What is most extraordinary is that in each of us there is, at one and the same time, the awareness of this movement and the vision of this Reality which has neither dimensions nor limits.

Our own mind is like the ocean, without limits. We perceive in ourselves this immensity and at the same time we become aware of the waves of sensations, of perceptions, flows of thought. We have within us the innate knowledge of the truth of the ***Hannya Shingyo***. We have the ability to see, in our own mind, the emptiness that puts itself into movement & teaches us - in the world of forms, of waves, of phenomena.

Only the power of illusion obscures this understanding and this vision. Attachment to illusions robs us of the recognition of ourselves as the origin of *Everything That Is*. Illusion is to take the ever-changing movement of the waves for Reality. Illusion is to identify with the waves in the blind belief that waves are independent of the ocean. Ignorance is, in fact, failing to recognise that the ocean, *Emptiness*, is our true identity.

"Within the ocean," writes Master Dōgen in the ***Kai'in Zanmai*** [Ocean Mudra Samadhi], *"there is no one. The ocean where 'I am' is not a place inhabited by worldly people nor a place frequented by the saints. I myself am the only ocean. This is the proclamation and the prophecy since forever, for always. The heart of the ocean is neither in the middle, nor on the inside, nor the outside. It is where I have been since forever and for always, preaching the Good Law."*