

Zoom Zazen Saturday 21 Aug 2021

When Master Obaku speaks of the *One-Mind*, he's speaking of the same thing as Gensha is when he states that "*the whole universe is one Bright Pearl.*"

This means that the *One-Mind*, the whole universe in the ten directions, is neither vast, large, nor small; neither square, nor round; neither the interior nor the centre; neither the continuous unfolding of energy, nor the whirlwind of a clarity beyond disguise. Nothing is hidden behind phenomena.

"*There is,*" says Master Dogen, "*neither birth nor death, neither anything 'to come' nor anything 'to go'. And that's why,*" he says, as a consequence he often repeated, obvious to him: "*There is birth and death, there is coming and going.*"

There is nothing but Presence. It is emptiness, and to realise this is to realise the *One-Mind*, the absolute identity of essence and phenomena. *Ku sokuze Shiki* and *Shiki sokuze Ku*.

The past begins here, in the mind. The present comes from here, originates here in the mind and vanishes from there immediately.

The *Bright Pearl* is Presence itself, it embraces the whole of 10,000 years. In the same instant that all *pasts* come to an end, so all *presents* arrive. Yet nothing remains.

There is only *Shikantaza* to reveal to us what the Bright Pearl, *One-Mind*, is - in the right moment of silent-coinciding that presents itself to us.

Silent-coinciding is that moment when we realise that there is nothing to seek and find. Things are just *as they are*. *Nyoze*. Subject and object merge in disappearing. There is only Presence and it is emptiness.

Presence is Reality, *just as it is*, and simply to be aware of that is to *live* it; it's zazen, stripped of any desire to attain or to achieve.

When we recognize ourselves as pure consciousness, we are freedom itself. The *One-Mind*.

No state or event can affect, modify, alter or destroy the *One-Mind*. The *One-Mind* is always exactly itself.

When *silent-coinciding* lights up our own mind, and it no longer clings to anything, what then is left to find? One glimpse is enough for understanding to begin to grow.

Master Obaku says:

"In the radiant peace of the One-Mind, thoughts arise without disturbing the serene freedom of that peace. The absence of all attachment to thought and passions bears the name of the Wisdom that does not diminish. So in your day-to-day life, when you move around or remain standing, sit or lie down, in whatever you say and whatever you do, it is enough that you do not get attached to what's impermanent."