

Zoom Zazen 27 November 2021

I return to one of the last sentences of Master Keizan, because it touches the heart of our practice and brings us directly back to the sutra of the *Hannya shin gyo*, to the essence of the Buddha's teaching:

"When the whole body becomes the Eye of Wisdom, there is nothing left to discern or to understand. This is the very vision of enlightenment. Buddha nature is clearly seen."

The *Hannya shin gyo* sutra begins with the Awakening of the Bodhisattva of Great Compassion, Kanjizai (*Avalokiteshvara*), who realises his true nature, his true humanity, when he sees that the aggregates (the elements that characterise the human person) are nothing other than emptiness.

To see Awakening, or the buddha-nature, or the emptiness of the aggregates, is one and the same vision which is realised when the whole body becomes the Eye of Wisdom. It is indeed our body and it is indeed our own Eye Treasury. During zazen, both are revealed in their original unity because this is their profound and unchanging nature.

This Eye is not the eyeball, but *That* which sees and perceives the world within us, *That* which works 'behind' our eyes and ears, which feels every sensation effortlessly, which knows silence and recognises both light and darkness. It is *That* which is Awareness of the fact of being, *That* which remains present and still in the background of all experience.

We have forgotten who we really are, that is, we have lost sight of and neglected this simple knowledge of being aware - by identifying with thoughts, images, dreams and opinions. And it is because of this forgetfulness that we have adopted a false identity, a separate 'me' that believes that consciousness shares the limitations and destiny of this ephemeral body.

During zazen, the awareness we have of the body expands and becomes naturally and effortlessly *space*, the Eye of Wisdom. In the silence of our own mind, there where thoughts and perceptions appear and disappear, the Eye of Wisdom once more finds and recognises itself, and it shines of itself in its own light. And

"there is nothing more to discern or understand. This is the very vision of enlightenment. The Buddha-nature is clearly seen."

It is written in the *Prajñāparamitā*:

"It is the Eye of Wisdom that contemplates the true character of dharmas (phenomena), as though one contemplates from the top of a mountain all that is below. It is the Eye of Wisdom that knows beings and sees their suffering as well as its origin."

"The energetic, moral and recollected being obtains the Eye of Wisdom by the strength of its exercise, it is not an innate gift."
