

Zoom Zazen - 30 October 2021

Master Keizan had said in a previous kusen:

"Zazen is not concerned with wisdom, but it contains it totally."

He adds:

"Wisdom is usually thought of as the ability to discern clearly. But during zazen, knowledge disappears of its own accord, the world of thought and discriminating consciousness are completely forgotten."

This means forgetting the 'me' and everything about it; ceasing to trot out our usual stories. The question is: "If the 'me' is forgotten, then who practices?"

No one! And to understand, to live this, is the very expression of Great Wisdom.

We could say that, during zazen, it is Great Wisdom that knows, that becomes aware of Itself, that illuminates Itself, as the sun illuminates itself.

The first experience of Great Wisdom is to be aware of Itself, and *It* realises this through the aggregates, the body, the sensations, the perceptions and mental constructions. It is realised in our own Mind. We can contemplate this incredible truth in zazen free from the illusory 'me', its knowledge and disturbances. This realisation is called *Samâdhi*, but there is no one to realise anything whatsoever.

In the *Samâdhi* of zazen, Great Wisdom is synonymous with Emptiness, neither existence nor non-existence. When *It* directs the light of Its knowledge to the forms and other aggregates, *It* sees nothing but the appearance of Itself. The aggregates *are* Emptiness, Great Wisdom, Mind-only. *Ku soku ze shiki!*

"The whole body becomes the Eye of Wisdom and there is nothing more to discern or to understand. One can clearly see the buddha-nature awakening through phenomena."

The Eye, or the Eye of Wisdom, is what gives beings true vision.

In the one who knows and sees," says the Buddha, "the Eye of Truth opens, dust-free and spotless. Seeing the truth, It sees things as they are. Seeing the truth, the eye is born, knowledge is born, wisdom is born, science is born and light is born."

To know the truth, isn't that our deepest wish?

The Buddha explains:

"People lose their Wisdom Eye through refusal to see, doubt and misconceptions. But when they realise the nature of reality, their Wisdom Eye begins to shine clearly again. Ordinary people see only through the physical senses. So they see things as if each object had an ultimate nature of its own, as if it were different from the rest, and they cling to this belief. But when the Eye of Wisdom and clarity opens in them, they understand that all entities are not ultimately real, but that Nirvana is the true reality."

Nirvana, though often translated as "extinction", is not annihilation. It is the realisation of the perfect unity between oneself and the Absolute, Great Wisdom - and the lasting experience that's created. It is a realisation that establishes lasting peace and bliss in the mind. A realisation that is beyond language and discriminative knowledge. All attachment to illusions comes to an end, all suffering ceases.

Which is what Master Keizan says in these words:

"From the beginning, everything is free from the slightest hindrance. All concepts wither away and a clear and penetrating light permeates all things."

This is the heart of zazen. Nothing other than our beliefs and fears, our preconceived ideas, stop us letting ourselves be absorbed into Great Wisdom and knowing ourselves in our true light.

Zazen is not concerned with wisdom, nor with the constituents of thought.
