

## Zoom Zazen : Saturday 2 April 2022

We sit together to help ourselves, in our shared attention, to explore and study the true nature of things, and of the beings that we are.

For, as Master Dogen says, *"Our true treasure is not found outside ourselves."*

Our true treasure is the Treasure of the Eye, that is, the very core of that which, within us, sees and perceives the true nature of things.

We look, we feel, we listen, we contemplate the flow of life, the current of impermanence.

We see, in our own minds, appearing and disappearing: sensations, perceptions, emotions, thoughts. And we can understand, just by looking, the interplay of causes and conditions that produce the spectacle of manifestation.

*"Because this is, this happens," says the Buddha.  
"This body which you call your own, did not come from the past, nor does it stand in the future. It has no existence in the past or the future except in unreal or false ideas produced by the imagination."*

This is an invitation to focus our wisdom eye on what arises in the now, the only reality, which - however - cannot be grasped either in the past, the future or the present.

It is this realisation of the elusiveness [ungraspability] of the present moment that allows us to see that impermanence is the very nature of things. To see this, from the still heart of zazen, is to see emptiness:

*"Things are and are not,  
neither are, nor are not."*

The multiplicity of entities, things and phenomena appear and disappear according to the circumstances of each moment, unceasingly composing and decomposing in themselves. And this means that they are devoid of any nature of their own. Emptiness.

The Eye-Treasure sees emptiness, and this is also its real nature, *our* real nature.

To see this is Awakening. This is also our practice.

It is related that Bodhidharma said:

*"A flower with five petals blossoms,  
and the fruit ripens by itself."*

This is what happens during zazen, naturally, unconsciously, spontaneously.

Look at this favourable moment, now, where the Transmission is accomplished:

Master Dogen writes:

*"A flower opens and there are five petals.  
Five petals open and here is a flower."*

It is Thus. This is the Way of beings, and the favourable moment is their only abode. Now, *in* time and *outside* time.

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