

## Zoom Zazen - 25 June 2022

What gaze should we develop during zazen? A gaze directed towards the true nature of things. The gaze is our own conscious attention.

Objective attention, focused on the aspects of daily life, is of course very useful, but it is always turned towards the outside, towards action or towards a goal.

It is not this objective attention that zazen practice is about. To be attentive is to be aware. A sound is emitted. It appears-disappears. Where?

In our own mind. This mind is our true nature which perceives things. So what is crucial is to be aware of silence and space, in the background, which does not appear and does not disappear. It IS. Silence welcomes every sound, makes it possible, and in it the sound is reabsorbed as soon as it appears.

Silence, in essence, is no different from our own mind which perceives sounds, colours, valleys and mountains, thoughts of all kinds.

I speak of silence or space or Presence to designate that in which appears and disappears everything we feel, see, hear, taste, touch, everything we perceive: the world. And this is not-two with what space or Presence contains.

The Lankavatara Sutra teaches:

*"Why say that a thing is born if it only appears?  
And then, what one perceives without its  
appearing - who to teach it to? How? "*

It is not possible to teach you what you are. It is only by yourself that you can realise. And for that it is essential to follow the path that the Buddhas followed.

And in order to understand and follow the teachings of the Buddhas, one must cross the valleys and climb the mountains.

*"Rest assured," says Master Dogen, "if you need a Guide, one will come down from the sky or rise up from the earth. They will contact you and express themselves through the inanimate as well as through sentient beings, You must hear them with all your body and mind. "*

So, hear the sounds with your eyes and see the mountains and valleys with your ears.

It is a gaze that has its source in the *Treasury of the Eye* and is *One* with the nature of the mountains and valleys. An alert gaze as sharp as the point of a needle. A gaze that we learn to let linger in Presence.

A gaze that sees nature and surrenders to it totally.

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