

Zoom Zazen - Saturday 1st October 2022

The next passage in Master Wanshi's *Advice for Practice* is entitled "*The Practice of True Reality*".

For beings, reality is the visible world, the space where their daily life takes place, and when they speak of reality, it is always that which their senses perceive.

The Buddha makes this observation:

"Those who believe that everything they encounter, that everything that passes through their minds and what their senses perceive, is literally and entirely true - are trying to root themselves in name and form and in conventional ideas, and as a result they suffer. They stick with the false idea that, to have any existence, a structure must be material.

This flawed reasoning blinds them to the transparent, insubstantial nature of all things. They live in tangled compositions of ideas and religious or worldly emotions which they believe to be real. Thus they obscure the path of deep vision, the path of spirituality that reveals the clarity, freedom and radiant transparency of what is, of Reality."

For a Buddha, the reality perceived by the eyes, ears, nose, tongue, touch and mind is but an evanescent perception, a fantasy, a mirage. To be attached to sense-objects, to believe in their reality and to want to possess them, is therefore to experience suffering. This is why the six senses are called the Six Thieves in Buddhism. They rob us of the wisdom of right understanding.

Master Eno gives us this advice:

"Your nature being constantly empty, let the six robbers, coming and going through the six doors (sense-organs) to the six dusts (sense-objects) not be either attached or detached from them, not be defiled by them, and circulate freely. This is the Samadhi of Great Wisdom."

Finally, the practice must teach us non-action, which can be broken down into two precepts: neither to grasp nor to reject.

The Buddha reminds us once again:

"The world of the senses is a mirage in which attachment leads to suffering. Ignoring it is [just] the same thing. The world of the senses is a miracle when one does not become attached to it".

So what is the practice of true reality?

Next week...
