

Zoom Zazen - Saturday 29 October 2022

Master Wanshi entitles his next piece of advice:
"Face Everything, Let Go and Attain Stability."

He continues:

"Vast, stretching to infinity, without boundary, pure and resplendent with light, our mind is without obstruction. Its radiance does not shine outwardly. It is called empty, yet it is inherently radiant. Its brightness, naturally purifying, transcends the duality of subject and object. Subtle, though imperceptible, limitless yet shining with light, it cannot be expressed in terms of being or non-being, nor be discussed in terms of images or speculation."

It is impossible for the mind, the discriminating mind, to describe in words what its own origin or our true original Nature is. And yet, like all the Buddhas and patriarchs, Master Wanshi tries to tell us in words about what we are in essence, about our true, original identity - about timeless Reality.

In reality, then, he speaks only of vastness, of light and of radiance. He is speaking only of our own mind. We must listen to him carefully, with confidence and conviction, for the words of such a Master lead us towards knowledge of our own eternal Presence. We have not been so fortunate as to receive this existence only to spend it in fear and ignorance.

The knowledge of our eternal Nature, radiant with light, leads us to the clear Truth. This allows us to access the freedom that takes away the need for liberation. We study ourselves, look into ourselves and at last recognise ourselves in the simple experience of being, in the pure Presence of self-awareness. Seeing in this way, without a 'me', we know the outer world and we know that it appears within our own mind.

The duality of inside-outside disappears. This is the *Samadhi* that confirms the oneness of subject and object. All the light that animates forms and phenomena is nothing other than that which shines within ourselves.

"Neither existence nor non-existence, everywhere before the eyes."

To manage to establish ourselves and settle down in this light which is pure knowledge, is to embody [actualise] the practice of the Buddhas and Patriarchs. This is zazen.

That which is vast, stretching to infinity, That which exists effortlessly and eternally, That which is empty and resplendent, is the true Nature of each one of us. We see that the world of phenomena is a dream that emerges, persists and disappears without the use of any intelligence, will or imagination whatsoever. The blue of the sky does not exist, nevertheless that's what we see without really seeing it.

Subtle, almost imperceptible, limitless and shining with light, such is our own mind.

"Know this:" says Master Dogen, "the light that exists in every being is nothing other than every being realising itself as Presence. The universe in the ten directions is nothing other than the light of the Self, and in this universe there is not a single being that is not the Self."

For Master Dogen, the original Self is the buddha-nature, That which we are, light illuminating itself and shining within itself, by itself.

Pure Presence.
