

## Zazen Zoom - Saturday 5th November 2022

Master Wanshi continues:

*"Precisely here at the midpoint, the central pivot turns, the gateway opens. In harmony with it, you respond without effort and accomplish without hindrance."*

The Buddha-Way is the Middle Way because it only reveals itself in the present moment. This is exactly where things are born and disappear. We contemplate this and our attention must be as sharp as a needle. Through the eye of the needle (the needle hole) the thread of life flows. Our truth is the absolutely unique, non-renewable present moment where life comes and goes. Reality, which Master Dogen calls the Naked Heart, is without before or after.

*"And when you lose sight of the present moment," says Kodo Sawaki, "it is your life that you lose."*

If we deeply desire to realise the meaning of life, we must go to find its source in the present moment and anchor ourselves in it. It is always in the middle that there is life. This is the central teaching of *zazen*. We ground ourselves in this space where things come and open up to us, where we see and contemplate impermanence without latching on to it and without losing ourselves in it. Getting lost in impermanence means dreaming. And we retain nothing.

When we are only in the contemplation of things, we are in harmony with their truth. We look at them, they look at us. This *zazen* which flows with and in time, without depending on it, is *satori*. When we are One with time, i.e. in pure Presence, nothing needs to be done, things happen by themselves. There is no goal or will to act. No self, no actor. We no longer float in the world of karma.

Master Wanshi continues:

*"Everywhere, move freely, without following causes and conditions, without falling into classifications. Welcoming everything, letting go of everything, this is how you attain stability."*

*"Stay with that just as that. Stay with this, just as this. This and that are both intertwined, without any differentiation as to their respective places."*

In other words, just be what you are. Practise the art of non-action!

Just feel how life flows in this body. It reveals itself in the core of the sensations, in every contraction of our diaphragm and every beat of our heart. We listen, we contemplate the world that enters and leaves through the six doors of our senses. We do not enter, we do not leave. We remain with that which we see vibrating and bubbling up in our own mind. Consciousness, returning to its source, ceasing to look outwards, looks at the world which is illuminated and actualised in Itself.

Sitting on this zafu, we can finally see what the true nature of ourselves is.

*"On this zafu," says Kodo Sawaki, "I have no desire to look like anyone else. All Sawaki needs is to be Sawaki. What else?"*

When Sawaki is Sawaki, when we are what we are, in reality there is neither this nor that and everything is in its place.

Master Dogen says in the *Genjokoan*:

*"If you find your place just where you are, you actualise the fundamental point (that's to say, you resolve the koan of existence)."*

*"If you discover the Way at this very moment, you actualise the fundamental point. Your place, the Way, did not exist before; it is now that it is actualised, it is now that it flows forth."*

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