

Zoom Zazen - Saturday 11th March 2023

The Zen taught by Master Wanshi Shogaku took the name of Mokusho Zen, the Zen of silent illumination - that of zazen itself. For Master Wanshi, the truth is always right before our eyes and is never hidden or covered up by anything. It is revealed in the silence of our own mind, where there occurs the silent appearance-disappearance of the world we perceive, of every being, of every thing, of every phenomenon. The truth of Zen flourishes in the midst of all the transformations that beings and things experience. To see this truth, in our zazen itself, is to see life in its luminous, spontaneous and infinitely subtle mystery. And if we do not see it, it is because we aren't looking where it is. We search for it where it is not, like a fish looking for the sea, or a bird wondering where space is!

"True illumination is reflected far out in space," says Master Wanshi. "Discussions about being and non-being are completely let go."

During zazen, we give up any idea of catching hold of the truth and even discussing it with ourselves. At the very moment we let go of everything, the thousands of discussions and procrastinations are lost in the distance. And if no principle is discernible any more, what could we focus on, what could we want to explain?

We are the truth itself.

We can easily understand that it cannot catch hold of itself, just as the eye cannot see itself.

We are the truth itself. We are *That* which looks.

So go deep into yourself and see the play of transformations there. Find the *still* truth in the movement itself of sensation, in the heart of all perception, in the very outpouring of thought. The very movement of your breathing reveals at every moment the silent Awakening about which Master Wanshi speaks. He who understands and sees *This*, sees the truth of his own buddha-nature. He immediately harmonises with the whole universe:

"The wonder appears before you, its essence is carried across the kalpas. Immediately you follow conditions and are in tune with awakening free of any alteration."

To see the wonder, we simply have to avoid being carried away by the flow of thoughts, states of mind, emotions, transformations... And this can be learned.

We have to get out of the notions of time and space and realise the beyond which is Emptiness. It is to see and realise that there is no separation between 'myself' and the truth that animates the totality of the ten thousand things. To recognise this unity, in one's body and mind, in all the transformations that we perceive, is to awaken. This is what, without the knowledge of the personal will, the zazen of silent illumination does.

When we disappear, as a separate 'self', into the heart of silence, whether we are aware of being there or not, we join *That* which is not discernible and yet presents itself before our eyes at every moment. This revelation occurs naturally when we abandon all identification with what is changeable, ephemeral, and all attachment to endless discussion and debate.

Master Wanshi continues:

"The mind no longer attaches itself to things. Your footprints are no longer visible on the path. Then you are doomed to continue the family business (i.e., to pass on your realisation to the family of beings). And even if your understanding is complete, please continue to practise until it becomes completely spontaneous to you."
