

## Zoom Zazen - Saturday 5th August 2023

Master Dogen wrote this superb statement:

*"The Buddha is the shining light of time."*

This statement combines two other propositions he made, taken on the one hand from the *Uji* chapter, Being-time: *"All that is, is time"*, and on the other from the *Busshō* chapter, Buddha-Nature: *"All that is, is Buddha."*

This Buddha, who is the light of time, is the original Source, the Real where the impermanence of the ten thousand things manifests itself. They are therefore themselves the light emanating from Buddha. Paradoxically, the light of time does not depend on time. It has neither beginning nor end. All objects and subjects are dissolved in this light, because they are themselves light.

For a Buddha, detached from the world of impermanence, there is only this ungraspable light, in which he himself is light.

It is into this light that zazen takes us and absorbs us when we abandon everything and **live** the present moment, the light of time. Sitting as a Buddha in this silent light of time, all effort forgotten, we actualise the Buddha's Dharma. The tradition of our Zen school is founded on nothing other than the Buddha's silent enlightenment under the Bodhi tree.

*"And when the silent light touches the ultimate point,"* writes Master Wanshi in the *Mokushoka*, the song of silent enlightenment, *"I perpetuate the original tradition of my school."*

And he goes on to give us this advice:

*"When you see the limits of the world of objects, without creating attachments and barriers with the senses, you can unfold the luminous subtlety that enables you to eliminate the effects of the swirling flux of appearance and disappearance. See this from the original source, relying on It alone. If you feel any doubt, even a shadow the breadth of a hair, you will achieve nothing."*

Every moment is insignificant, and yet it offers us its light throughout our daily lives. We don't see the miracle everywhere before our eyes because we look for it outside ourselves.

To see without attachment each of the world's objects, just as it is in its instantaneous light, silently invites us to encounter the invisible in the visible. A motionless movement towards intimate knowledge of ourselves.

Zazen intensifies our gaze until it is nothing more than the vision of what has always been there, the dazzling light of time. There's nothing left but the precious mirror of our own mind, reflecting the dream of manifestation, to infinity.

Naturally, we realise the Way when we live within ourselves the words of Master Dogen, taken from the chapter *Yuibutsu Yobutsu*:

*"Mountains, rivers, earth and all of us were born at the same time. The Buddhas of the past, present and future and all of us are always practising together."*

Awakening is born within practice and practice takes place within Awakening. The light illuminates itself within itself, by itself. This is the **Jijuyū Samadhi** that we spoke about last week.

\*\*\*