

Zoom Zazen - Saturday 10 February 2024

We practise the Way of silence.

Zen and silence are not separate. Zen is that silence which remains motionless and welcomes the slightest stirring of thought without being disturbed.

It is through the quality of silence in our mind, free from the thoughts and illusions of the ego, that we bring true help to all beings and fulfil our bodhisattva nature. It is an infinite silence that lets the ten thousand things be what they are, without any intervention on our part. Only in this way are infinite merits born for the benefit of all beings.

It is always now that Great Wisdom manifests itself. Let us not spend our lives waiting for something better than our life. Let's not wait for the miracle or the awakening that our thoughts have imagined. Let's not follow the thoughts that lead us away from here in the frenetic noise of our neurotic illusions.

In our meditation, we must surrender our ego effortlessly, like a mist flooded by sunlight. In front of this empty wall, we must learn simply to be silent. We let our zafu sense that we are no longer there, we experience the letting go of body and mind without feeling deprived of our original completeness, we let go of the beauty of the moment that has just passed through us to become new again to the one that is to come. This is how we open up the space where all our possessions, our conditioning and our suffering can be exhausted.

By immersing ourselves in silence, Master Wanshi tells us that we become :

"Splendid and luminous like the dew refreshing the autumn, as noble as the moon overcoming the night. For we shine through the darkness right from the beginning, free of all hindrance.

"Always tranquil and magnificent, silence is not disturbed by phenomena, splendour is not tarnished by shadows."

Let's return to the depths of silence by accepting that it is what we are. A true silence in which our Eye-Treasure contemplates its own empty nature, the very substance of things. That's all there is to do.

Each moment celebrates this silence by coming and instantly departing without a trace.

Master Wanshi concludes:

"Free, equal, pure, the kalpa of emptiness does not move, nor is it disturbed, nor can it overshadow this original silence. By remaining serene, in full knowledge, you can roam there in complete safety."

Master Deshimaru would have gone further: *"This is what it is to practise non-fear."*
