

Tenborin Zoom 14 March 2026

Where the mind's activity ends, meditation begins.

It is like having walked for a long time in the darkness of a tunnel, and finally emerging into infinite space to find oneself in the light. Zazen is then no longer a practice that one *does*. Zazen is our Buddha-body revealing itself as light. We simply experience the contentment and joy of being. That's all! This contentment and this joy mean that we are at peace with the three times - past, present and future - and that we are no longer disturbed by the circumstances and the complicated stories of the fictional self.

The *Flower Ornament Sutra*, quoted by Koun Ejo, tells us:

"The body of the Buddha shines with a great light of infinite colours, perfectly pure, like the clouds covering all lands, celebrating in every place the virtues of Buddhahood.

All those who are illuminated by this light rejoice, and beings who suffer are freed from pain. They feel a profound devotion and consciously allow their hearts to open to compassion."

When we have ceased to resist and have consented to lose ourselves in silence, let us see within ourselves the living light that shines of its own accord, spontaneously. The evidence of Timeless Presence fills us completely, and we know that we need nothing more to be fulfilled. The obviousness of being at home anywhere.

Master Dogen invites us unceasingly to turn our light inward so that we ourselves *illuminate* ourselves. Our light is none other than the gaze of aware Presence. It is our attention itself, and when it turns toward the Mind, it is *there* that we can allow ourselves to be absorbed by - and into - our Light-Treasure.

Master Changsha, who lived in the 9th century during the Tang dynasty, is quoted by Master Dogen at the beginning of his chapter *Kōmyō*:

"The universe in the ten directions is the light of our awakening. In this vast universe, there is not a single being who is devoid of this light."

However, Master Dogen also warns us against our irresistible habit of wanting to describe this light with words in order to classify it among our multitude of sensory experiences.

"Even if some imagine they can grasp it with the intellect, this light can only be seen with the eye of the Eye. It cannot be measured in terms of dimension, long or short, round or square, nor does it curl up on itself or unfold, converge or diverge.

This light is not something that can be seen.

It is neither red, nor white, blue or yellow, nor like the glow of fire, the sparkle of water, the brilliance of pearls, the sparkle of jewels, the radiance of dragon kings, that of celestial beings, or like the light of the sun or the moon. "

The light of Awakening does not shine in the distance. It is the very moment, the very path illuminating itself in our mind. It vibrates in the infinitely close, when it merges with our own heart.

The light of Awakening is not in front of us, but right in the midst of us. We are in Awakening, as naturally as fish are in the deep water, like birds that play with the wind.

Are you going to ask the fish if it knows the sea and the bird if it knows what the wind is?

Let us always be ready to swim, to fly, to play in the light of Awakening. It is our natural way of being.
