

Tenborin Zoom Zazen - 21 March 2026

In our lives, everything is done by the calculating mind. It is the tool we rely on whenever we want to do something. But the mind cannot and does not know how to meditate or enter into Zazen. When it is active, it obscures meditation.

Zazen, body-mind, is our true nature. It waits for us to recognise it as our living space, our native land.

If we understand, in the silence beyond words, that zazen is our nature, we can neither have it nor not have it. Our nature cannot be grasped and, of course, the calculating mind is incapable of possessing it. In the silence, we see that it is the mind's intervention, its ceaseless activity, that veils the luminous clarity of our nature, of zazen.

To cease thinking simply means: to do nothing, our thoughts wear themselves out of their own accord. We are simply attentive, the body relaxed in its natural upright posture. There is no point in wading into the muddy stream of thoughts to try to clean the water. We simply watch the stream of thoughts flow by, sitting by the water's edge. It is by not resisting, by not trying to do anything, that the light comes to flood our being. The water becomes clear again; it comes to us. The same water as that of the Original Source. Our mind regains its transparency, the pure clarity of Awakening.

A section of the Flower Garland Sutra is called 'The Book of Awakening through Light'. It states:

"At that moment (when the Buddha awoke), the light permeated all the worlds. A million of them were illuminated in the east. The same thing happened in the south, the west and the north, in the four intermediate directions as well as at the zenith and the nadir. And everything that was to be found in those worlds was clearly revealed."

When the clouds of thought have dissolved into the distance, the sky returns to give us back the light through which everything becomes visible, accessible, comprehensible. All the worlds within our mind are illuminated. We know, without the slightest doubt, that we are - without any need for us to define ourselves through words or a fictitious 'person'. We are. That is all. This silent and luminous realisation is Awakening.

In this light of Awakening, Manjusri, enlightened, spoke before the Buddha, words that were heard everywhere:

*"He who is enlightened is supremely free,
He transcends all worlds, not relying on any of them.*

He possesses all virtues.

*He is liberated from all that exists, immaculate,
without attachment to anything whatsoever.*

He is free from imagination, without the need to fixate.

*His form as well as his essence are immeasurable,
And upon seeing him, everyone sings his praises.*

His light spreads everywhere, clear and pure,

The burden of the six senses is taken a long way away.

*Without doing anything, he has detached himself
from the two extremes of being and non-being.*

This is what the Buddha knows."
