

## Tenborin Zoom - 12 September 2026

A senior civil servant had to attend a reception where he'd have to listen to flattering, and therefore tedious, speeches and receive endless congratulations. To him, even before it had begun, that day felt like an interminable year!

He consulted Master Ze An and asked him:

*'How can I make this day pass without it weighing so heavily on me?'*

The Master replied:

*'This day will never come again. Even the tiniest fraction of time is a priceless treasure.'*

This is, of course, the Master's way of urging us not to waste a single moment to realise what our Treasure of Light truly is. Everyone knows that the present moment will not come a second time, and yet everyone is quick to forget this obvious truth. Truth lies at the heart of every single moment we are given. Whatever these moments may contain, they teach us the futility of trying to grasp them, and the impossibility of escaping them. The time that orders them creates a 'before' and an 'after'. It leads us to believe that we can postpone the realisation of our true nature.

But, 'Please,' says Master Seppo Gison:

*'move heaven and earth and look deep within yourselves. Seek, seek!'*

So, let us look within ourselves, feel, taste, touch, breathe. Our Light-Treasure is at work in every moment in the awareness we have of what we perceive.

Koun Ejo continues:

*'The great Master Changsha, a disciple of Master Nansen, said to the community of monks: "The entire universe is the practitioner's eye. The entire universe is the practitioner's family discourse. The entire universe is the practitioner's whole body. The entire universe is the light inherent in each of us. In the entire universe, there is nothing that is not this light."'*

The universe is a single light of which we are the particles - the photons - whose mass is zero. Our entire body is this light. We cannot be separated from it. Wherever we go, we carry the energy of light with us. A very subtle, very delicate energy that emanates from our Eye-Treasure and fills the entire universe. The movements of this energy are the very voice of this light.

Master Unmon, quoted by Master Dogen, tells us:

*'Beings of the present, the past and the future dwell within this light; they are saturated with this light.'*

Master Dogen puts it this way:

*'It is this light of every being and of all times that reveals itself as self-evident through illumination.'*

*Humanity as a whole, in and of itself, is nothing but light. To speak of light is to speak of all beings of all times. "*

During zazen, we can understand what this light is and become aware that it is alive within us, even though it is invisible. We breathe it in at the same time as the whole universe, and it is no different from what we *are*. Our heart is the source of the light of Awakening.

\*\*\*