

Tenborin Zoom 19 September 2026

Speaking of the light which we *are*, Master Dogen tells us in the [*Shobogenzo*] chapter *Kōmyō*, 'The Light':

*'This light sets ablaze all the beings of the past, present and future.
Throughout all eternity, this fire consumes the whole of humanity.
In every being, there are all the beings of the past, present and future.
The fire renews itself by itself, with neither beginning nor end.
Each flame sets ablaze all flames.
The blazing of every Buddha sets ablaze the entire universe.'*

When it is stated that there is nothing outside of this fire, of this light, it means that this light is its *own* source. It illuminates itself within itself, by itself, without cause, without intention. It is what we *are* when we put an end to all distinctions in the Samadhi of the Eye-Treasure. This samadhi is called the contemplation of cessation. It is there where the false belief in a self separate from its source ends. It is the return *home*, to the very source of our own light.

Koun Ejo explains:

'A penetrating study of the Path of Awakening requires diligence and trust to achieve this goal. If you do not, life after life, make a pact with the family of the Buddhas, how will you be able to understand a teaching such as this? Take care not to stray from it; do not become a stranger to it.'

A penetrating study will overturn the foundation of the separate self upon which beings base their false beliefs and from which they set in motion the wheel of Samsara! This study requires us to trust in that inner impulse which has brought us here to the dojo and seated us upon the zafu of the Buddhas.

Zazen must become our refuge, the place where we realign ourselves with the music and light of the universe. We must not think about this light, but instead allow ourselves to be absorbed by it.

During zazen, let us cast our gaze deeper & ever deeper within ourselves, as though we want to find its source. As deeply and as intensively as we can. The practice of zazen is simply to look, and only to look. Our light reveals itself beyond any notion of finding or grasping. All that remains is the pure awareness of a Presence that reveals itself to be light.

Master Dogen tells us:

'The cycle of life and death is none other than this light. To see one's own light is to meet Buddha and is to know Awakening.'

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A haiku:

*'On the inside, on the outside ...
it is clear, immaculate ...
without hindrance.'*
