Tenborin Zoom - 7th November 2026

Master Koun Ejo continues his commentary:

> *'To cultivate a realisation based on ideas and assumptions about what the mind is, or about what you wish to achieve, this amounts to strengthening the roots of birth and death.'*

Inside our minds, we never stop telling ourselves stories. We plan for the future, or settle scores with others. We imagine what enlightenment might be like and chase after the idea we have of it. By maintaining this constant dialogue with ourselves, we are contributing to the ignorance that gives rise to Samsara; that perpetual wandering of beings in the river of births and deaths.

There is constantly this voice in our head that never stops for a moment. We can observe this. Nothing but observing, without taking part. We must understand how we trap ourselves, while believing, nevertheless, that we are following the path of freedom. It is crucial, vital, for us to understand how to access our inner silence and settle ourselves there. Let's observe the space that opens up when we step outside of one flow of thoughts, before entering into another.

Let's observe and *feel* the vibrations of our sensations, with a complete concentration that neither wavers nor falters. We can *hear* our whole posture singing. It is a silent song, yet very much present, from moment to moment.

It is within our body itself that this song resonates, in every sensation, every tingle of our skin, in every movement of energy. Let us immerse ourselves in the life that flows through our muscles. Let us even become intimate with those little aches that we do not like.

Master Hakuin, an 18th-century Rinzai master, wrote a beautiful poem entitled *'The Song of Zazen'*, in which he says:

> *'The truth so close, we search for so far away, Like a person in the water crying out, "I am thirsty!" '*

> *Like a rich man's child, wandering the earth in poverty, we travel endlessly through the six realms of Samsara. It is the illusion of the "self" that causes our suffering. Ever more lost, we wander in darkness. How do we free ourselves from birth and death? '*

The birth of this form — which is the body — took place in this world, which is as changeable as our illusions. This form is not who we are. Who we are is That which allows it to appear and live for a moment. Without understanding this, unaware of our true nature, we encounter suffering and lack. After a life of ignorance, death makes us vanish into the oblivion of time.

Master Ejo continues:

> *'The original Self, the authentic and true human being — which all beings are — reveals itself in its immanent and perfect light. Outside of the space of this light, what are you trying to grasp with such greediness? There is nothing sacred.* ***That*** *cannot be known consciously. It is like a hammer head without a hole through which to put a handle. It is a great ball of fire.'*

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