

Life

Hydrogen, oxygen, carbon, and
A realization of existence, by existence.

Perspective

The diffuse experience
Of the “normally” obscured
May be deemed “crazy”
Through the narrow lens

The Bridge

As we pass over the bridge,
The bridge flows.
Not too fast, not too slow,
And without stopping.
The water is motionless,
So cushions need no anchors
To hold their position.

The Leaves

The wind subsides.
The leaves become quiet.
They desire not to be blown,
Nor remain in quiet stillness.

Ebb and Flow

Mindfulness is the awareness
Of the ebb and flow of all things.

The Blanket

A soft winter's blanket
Covers the ground.
A single leaf, slowly falls.
Autumn's unfinished work.
All blended on the edgeless blade of time.
In the quietness,
A soft voice heard in the distance.
Ground, trees and roofs
All in silent acceptance.

The Big Game

It was a big day at Buddha Stadium.

Every seat was taken.

The crowd was completely silent.

All came to see the great pitcher Mya Ego,

Renowned for his power and fortitude.

Catching Mya was Shikan Taza,

Who just received

Whatever Mya threw it at him.

Some pitches were high and wild.

Some were down in the dirt.

Others were right down the middle.

Though Ego is the player that draws the crowd,

Taza is an interesting player in his own right.

No matter what Ego throws at him,

Taza never throws anything back.

Some people say, "He's got nothing going for him".

Others say, "He's really bright".

Still, others say, "He's rather thoughtless,

In the way he handles pitches".

I invite you,

Buy a ticket,

Take a seat, And see the game.

A Big Bull

Every circle has a single point at its center.

No center, no circle.

Yet, the center is not the circle.

The sun is a point in space,

But its light, pervades that space.

A big bull in a small pen

Can only dream of true freedom.

The universe is calling all the time.

Can you hear it?

Labels

It's interesting how we use labels

To better understand things.

But then, we can't see the thing,

Without the label,

And miss its true essence.

Let Go

The world is constantly re-creating itself.
So leave your Bodi at the door.
What's present is present.
Stop trying to get what you've already got,
Or you'll be chasing ghosts forever.
Reason needs a subject and object.
Immersion does not!

Uncertainty

The Buddha never knows
Where his next step will land.
Do not be concerned with uncertainty.
Especially when seen with compassionate eyes.
When seen with selfish eyes,
You'd better watch your step.
The way appears as each step lands.

Teaching and Practice

The best teaching is done, When no one is present.
So when you come here to practice,
Make sure you don't stay here.
For true practice,
Is neither me or you
Nor here or there.

To know

To know the mind of the Buddha,
You need to remove the lampshade.
It is not reflected. It is not directed.
It is all and nothing.
If you miss it, you miss it completely.
If you get it, nothing need be said.

Let Buddha Do the Work for You

If you see it, let it go.
Simply sit and Let the Buddha do the work for you.
However, sometimes letting it go,
Is letting it stay.
Simply sit and
Let the Buddha do the work for you.

Little Fish, Big Fish

Young fish live in the shallow water. Hungry and
motivated, they seek nourishment, and grow.
But denizens live there,
And many little fish
Never leave the shallows.
Older fish have grown.
Many have found the great depths,
Where it is quiet and still.
But the Fish who knows the true ocean,
Freely moves through deep and shallow.

One Life

One Life
Connected through myriad forms.

Loving Kindness

Loving kindness
Takes away the blindness
From the lowest to the highest,
We all need Loving kindness.

Loving kindness
Is the answer
To a great many questions,
About how to make this world
A better place to live.

Beyond Sanity

Did you see that suicide
Go cartwheeling across the sky.
The Archangel commanded such,
So who is he to question thus.
Finding Shiva years ago,
But Jesus wouldn't let her go,
On her knees upon the floor,
The beast was knocking at the door.

The Light Appears

The Light appears,
The Buddha is home,
The Moon in, but not of the world.
Enlightenment does not see itself,
Yet spins the luminous prop, radiating his grace.
At night the moon shines bright, in the day, it is unseen.
Realization does not depend on time or vision,
Only invisible effort, without end or desire.
Form and emptiness, a continuous dance.
How can day be without night?
Desire sets it apart.
The eternal present unfolds.
Though in plain sight, it cannot be grasped.
To look for it, you are already lost.
Truly, only the invisible can see it.
It is, not two!

Mu Time

Time is the motion, the change,
The movement of the Universe.

The unfolding of Existence.

It is not just the measurer,
It is foremost, the measured.

It is the Music of the One.

The ing of Being.

Be_is existence.

It Is One; It Is All;

Without separation.

Ing is time.

The rhythm, the Karmic flow,
The dynamic interaction Of the All.

Mu is Being!

Mu

Howling at the moon,
Just because he wants to.

Liberated and free!

Master of his domain.

This dog is named,

Muuuuuuuuuu!

Mukantaza

Mu is the earth, the moon and the sky.

Mu is the wind and the tree.

Mu is the cushion and the bell.

Mu is the ocean and a single wave.

It is all Mu

When you get out of the way

And become the Way.

Empty Space

Empty Space cannot be seen,

It cannot be heard or touched.

Yet, all things come from it,

All things abide in it

And all things return to it.

It is the womb of birth and death.

While it is everywhere,

It cannot be found anywhere.

Freedom and Threat

Freedom and threat are manifestations

And manipulations of space.

The unawakened seek to maximize their space.

To protect, to benefit, to control.

The awakened are free from threat

As all of space is theirs.

And they fully realize that

What is theirs is everyone else's.

Thus the vow to save all sentient being.

Mindfulness

Mindfulness is the moment by moment
Clear awareness and actualization
Of the universe unfolding
Through your mind.

Can the Way be too long?

Can the Way be too long?
Can the Way be too short?
Or is it the mind
That is too long or too short.
If so, what is the size of your mind?
Is it inside, outside, both, neither?
While all are ultimately one,
Each travels a different path
To realize that.

Kinhin Koan

When is kinhin not too fast, not too slow
And not just right?

Wherever

Wherever you are,
You are everywhere!

Protecting the Dharma

Protection of the Dharma
Is practice of the Dharma.

Evolution

Evolution is Interdependent Origination.

Problems

Problems are your koans.
Breaking through a koan
Is popping a bubble of delusion or illusion.
And seeing things as they are.

Dropping Off

It's not the one doing the dropping off,
It's the one present when the dropping off is done.
Buddha has no agenda!
In spite of this,
Practice is enlightenment.

Nothing is Missing

When the Self is Empty Nothing is missing.
It is only when the self is attached to things
That we miss them.
(A verse in response to sadness.)

Your Own Baton

My old teacher said to me:
“Being around a good man
Is like being in a mist or fog,
In which you slowly become wet
Without knowing it”.
I said to my teacher:
“I am fortunate to be in your mist”.
He then said, “You have your own baton”!

Aggregates

We use the aggregates
To transcend the aggregates.

A Summer Breeze

When the summer breeze
Blows through the window,
It is the shape of the curtain.

Street Sounds

The sounds from the street,
Mental images of people and cars.

All Prajna, All Interconnection.
Do not get lost in mental images.

But, do not deny them.
All Prajna, All Interconnection!

Staying on the Path

The path to the Light
Is neither wanting,
Nor not wanting.
Set up any condition
And it fades from view.

Appearances

Objects appear and disappear
In objectless space,
Be it physical or mental.
To grasp any object
Is to create a delusion,
Which itself appears and disappears,
In objectless space.
This objectless space
Is and is not appearance and disappearance.

The Fisherman

Through skillful means the fisherman baits his hook
And casts his line to where he senses
The fish is swimming.
He patiently waits for the fish to come.
Attending to his line, he feels the nibble.
When the fish bites he yanks the line hard.
Hooked and pulled most fish will struggle.
Finally, the fish breaks the surface.
But this fisherman knows
The fish must then swallow the line,
Swallow the rod and then swallow him too.
He is not truly caught
Until he also swallows the boat
And the entire ocean.

Birth and Death

Through zazen the true nature of birth and death is manifest.
Thus, the liberation from the captivity of form.

The Heart Beats Emptiness

The heart beats Emptiness.
It radiates body and mind.
It is in body and mind.
Body and mind are in it.

Everything

In all of time and space
Everything is one thing.
An incalculable number of things in the world,
Each one different than the others.
Both perspectives
Simultaneously true.

Object of Attention

Do not direct your attention
To the object of your attention.
Let your attention be
The object of your attention.

Penetration

Sitting with a quiet mind
Is hearing the voice of the universe.
Gazing with an undistracted view
Is the vision of true reality (form & no form).
Simply breathing in and out
The interconnection of self and other.
We are an aggregation
Of universal interaction.

Here is There

Here is there
And there is here.
Cause here is everywhere
And everywhere is here.

Senses

While our senses are limited,
What they sense is not.
We are what we sense.

The 100 foot Pole

Zazen is the top of the 100 ft. pole.
At two bells we bow,
We get up and do the things we do!

Dissolving

Dissolving yourself,
Ice melt in water.

Frequencies

Everything is bouncing off each other,
Causing waves in water, air and stone.
Bouncing through the ages then uncovers
Frequencies of blood and breath and bone.
Frequencies create your life.
Some bring comfort, some bring strife.
Good and bad, illusion true,
But what you get
Mostly up to you.

Still Trying?

Still trying?
Getting further down the Way,
When you are no longer doing Mu,
Cause Mu is doing you.
When Mu is doing you,
You and Mu are no longer two.