

From: The Essential DOGEN

Pgs 114-115

Birth is just like riding in a boat. You raise the sails and you steer. Although you maneuver the sails and the pole, the boat gives you a ride, and without the boat you couldn't ride. But you ride in the boat, and your riding makes the boat what it is. Investigate a moment like just such a moment, there is nothing but the world of the boat. The sky, the water and the shore are all the boat's world, which is not the same as a world that is not the boat's. Thus you make birth what it is; you make birth your birth.

When you ride in a boat, your body, mind and environs together are the undivided activity of the boat. The entire earth and the entire sky are both the undivided activity of the boat. Thus birth is nothing but you; you are nothing but birth.