

唯嫌揀擇

Tada kenjaku o kirau

Just avoid picking and choosing

The Path of the Buddha is said to be an awareness beyond words and phrases. First we encounter and understand something, then we learn it with our body, and then we practice it until it becomes second nature. No matter how well we've understood something with our heads, it must also be practiced and learned with our whole being. Art, music, or sports have to be directly experienced not only with the head but with the whole body. Only when we make the experience our own do we come to a deeper understanding. When we practice anything in this way it becomes a living Zen.

When we have a preference we want something to be this or that way, instead of responding to what is in front of us. When we fall into such a narrow perspective we are no longer on the Great Way. This is why it's said that the Great Way is without difficulty, as long as we can avoid picking and choosing.

We have to know that huge abundant state of mind where no self-conscious awareness exists. What is most important is that an action comes forth from a bright and magnanimous Mind, one with no trace of a cloud anywhere. Our best refuge is to hold on to nothing at all. When things are finished, we let go of them immediately. We do not fret over things that have not yet happened. We live in a bright clear state of mind and grasp the real world from that state of mind. Then there is no difficulty on the Great Way.