

Touching the source of existence

There is not much cooperation in human society. We hear people say things like, “That’s not my job! You do it!” This is not a good attitude. What we need is warm, horizontal communication. Without this, life becomes pretty hard. We will create stress for ourselves—and for no real reason. We should encourage this kind of warm communication between people in our everyday life. We have to keep our eyes open, not only to take care of our own tasks but to see how we can help others. It is not enough, though, to understand this in theory. If we don’t really practice it, our life becomes fragmented and cold. Once we become cold, we require rules to establish order. Then the rules become stronger and stronger. In order to have warm human relations, we must pay attention to what is. In other words, we must touch the source of existence. Only then can we take a deep breath; only then can we feel relief. Under all circumstances, we must be rooted in the source of existence. Right in the middle of the dynamic unfolding of our daily life, we must remain calm, quiet, and unperturbed. Whatever praise or criticism you receive—either from yourself or from others—there is no need to get bogged down in it. Just be straightforward. To accept life in a straightforward manner is to have a flexible mind, not clinging to ideas of good or bad, right or wrong. We need to learn how solemn, dignified, and sublime human life really is. No matter who we are, we should respect others and not judge them. Nor should we judge ourselves. For example, usually we try to do something about our reputation. We hang on to it when we should instead be learning how to free ourselves from it. If you hang on to thoughts of your reputation, your mind will not be calm, because you are stirring up the water of reputation. If someone slanders you, what should you do? Just make the waters calm. In other words, just forget it. This is not an easy practice. But if you hang on to the slander, you will become angry. You will fight. This just perpetuates the problem. This problem is not confined to slander or blame; it applies to praise and admiration as well. If you are admired, don’t hang on to admiration. Just get on with what needs to be done. If we are carried away by pros and cons, successes and failures, gains and losses, flattery and disgrace, we will not take care of our daily life. In order not to be carried away by these kinds of things, we must first touch the source of existence.

Stability, imperturbability, and tranquillity are not stagnant water. They are dynamic and active, and they are constantly working. They are life itself. We can’t know them through ideas. Only through our actual experience can they be known. And only then do we touch the source of existence.