

**June 2012**

There is something I have been reflecting on. It is the use of the word "perfection" and the phrase, "the perfection of Zen". I would just like to go over the spiritual meaning of this. The translation of "Zen" is "meditation". So, "the perfection of Zen" is to meditate regularly and to bring forth this meditation into our daily life. I like to call it 24/7 meditation (I got this from 7-11 !).

We know what formal meditation is. We sit and let our thoughts come up, we observe them and we let them dissipate. To practice this mindfulness is very important. We do not want to let ourselves go into a trance-like state, nor do we want to allow sleepiness, since both these alternatives simply don't work. When we find that we do drift into these states we again use our mindfulness to bring ourselves back to our meditation. We know the deeper reason for doing this: it is to sit still and let the flow of the Eternal, with its Love and Wisdom, shine forth. In our daily life we keep our meditation flowing with mindfulness in everything we do. We try to do one thing at a time, and we try to do it to the very best of our ability. We also go through the day treating everything with an equal attitude, an attitude that acknowledges that everything partakes equally of the Eternal. Our daily meditation helps us see this. When we become mindful of the flow of the Eternal we can see that It permeates everything.

So, now we can see that "the perfection of Zen" is not about being a perfect person, or doing things perfectly.

When I was reflecting on this topic a bunch of years ago something came up for me. I would like to share it with you: "The perfection of Zen is to see all perceived imperfection as perfection". When we live in this way with the non-discriminatory mind, the non-judgmental mind, with the Love and Wisdom flowing through us, we can convert our suffering and live in peace.

With all my heart

In Gassho

Basil