

How simple can we let this be?

How simple are you willing to let this be?

As we sit in relative stillness and silence, our simple sitting is not about engaging in an activity that we call 'meditation', or label as 'spiritual'. What we are doing is a very simple enactment of non-action.

Here and now, your body-mind is supported by a chair or the floor or a cushion, or a stool. It experiences sensations of tension or pleasure, relaxation, fear, doubt, longing and more. This 'weather' of sensations moves through your body-mind.

If you invite your body-mind to simply sit and do nothing about this 'weather,' while being sure not to ignore any of it, something new is possible. This novel outcome arises without resorting to a concept of action and doing that we label 'meditation.' The labelling of our practice in sitting is not required.

It's not required to call this practice anything. It is not required to say that we are engaged in any activity. Activity most often arises from the wish to resolve a difficulty or to get rid of something disliked or to achieve a goal.

But how simple are you willing to let this sitting be; simply to sit without constructing an activity called 'meditation'?

Awareness is always present.

Awareness is aware.

You may not feel that you are very aware, but that is a complex, self-reflective thought which you can let go of in the simple space

- of sitting,
- of just being presence,
- of simply allowing awareness to be aware;
of being aware of all those things you might wish to manipulate or control,
including this desire itself.

Just be still and quiet. Allow stillness and silence to be the full enactment of this body-mind. Be mindful that there is:

- Nothing to do
- Nowhere to go
- Nothing to undo
- Nothing to hide from
- No one to be

And allow that in sitting there is no activity here, called 'Meditation' or labelled 'Spiritual.'

There is, quite simply: Being.



*Based on a transcript of Flint Sparks leading Zazen.
Used when someone sits with the sangha for the first time,
or for the first sitting of a retreat or other event.*