

THIS beyond THIS and NOT!

The direct experience of THIS is exactly experienced in me (us) beyond both THIS IS IT and THIS IS NOT! Each Now, THIS should be experienced anew beyond both the habitual, fixed "THIS is IT" and the indispensable negating "THIS is NOT!". THIS beyond THIS and NOT!

JUST THIS in our daily world is too boring, so nothing special. Everywhere we naturally have THIS, wherever we are, wherever we go. We are usually not even conscious of it at all. We are already in the ocean of THIS without fail, without paying attention. Therefore, everything is habitually going on, even THIS. Once we (cosmos) are ignited by the fire of THIS awareness by/with THIS experience, suddenly the whole Univerself (you, me, our families, all living beings) are awakening/actualizing/embodying/opening/flowering/laughing as THIS active/mindful/awakening NOW. As this experience, the new universe is born breath-by-breath in the midst of our muddy world reality. This is our One_Experience.

Our daily chaotic busy way need not be boring (and blind) if we discover THIS New habit-less awakening of Now-universe even in the midst of our messy city lives. Depending on ourselves, our sensitivity, each of our daily encounters is ever-habitual, ever-boring, OR This encounter is awakening, wondrous, opening, unknown, New-Life-being-born, New-cosmos.

"All is one, one is all", my master's master replied to me once, and his words are only understood when we are JUST THIS. "When we are JUST THIS" means we discover/experience THIS and also we are discovered/experienced by THIS inseparably at the same time (as one Univerself-function).

THIS is ever-deepening Life as each Now is being born so fresh at/by unknown concrete encounters, for example, This_One_breathing_awareness, being called by someone, meeting with a street cat, or....

We do not need anything else at all!

(Hōgen Yamahata)