

There is just for you to greet everything, everything – the gentle look - just this gentle face. Maybe you are skeptical, because maybe you are thinking, “is it possible to do this? Is it really possible to meet everything, to greet everything, to accept everything with a gentle face?” Well, look around you. The pillar, the table, each piece of the ceiling above you is showing you JUST THIS. This gentle face. The pillar never looks irritated, always calm, pouring its heart and soul into its job, holding up this building so we don't get any surprises. Everything you see is operating just this way. JUST Doing. JUST THIS. And you, yourself, each and every one of you, is representative of this entire, magnificent being. There is no separation. When you are, at last, able to understand this, you see that everything is functioning with this gentle face. The tatami never gives any objections to being stepped on, or sat on. The cushion that you are sitting on right now is never thinking “This person on top of me is so heavy”. No objections. No complaints. Just doing THIS. Greeting all being with a gentle smile. Every single thing, every step you take, this one step, THIS Step, you are being perfectly supported in your every step. Everything is taking care of you. Shakyamuni Buddha, upon profound enlightenment, could understand, at last, and proclaim that we, all beings, all of us, are Buddha, endowed with the wisdom and the virtue of Buddha. All Being, all existence, no-one is excluded. It's you. It is your very being. Buddha wisdom. Buddha virtue. Perfect merit. Complete virtue. This is you. This is your Life. These vast skies, this great earth that we walk. All One Truth. Shakyamuni Buddha is teaching us that liberation is limitless. When enlightenment is attained it is not for the benefit of any small self. Rather, with enlightenment you come to be able to repay your debt of gratitude to all beings. All beings are Buddha, endowed with Buddha wisdom, Buddha virtue. This is you, yourself. So, there is never any need to feel inferior to anybody or anything and, of course, no need to feel superior to anybody or anything. There is really no need to compare. Heaven and earth are one root. All the myriad things are one body. Maybe one thing I am sure is hard for you to believe because you see people all around you selfishly grasping, hurting others, doing evil things. But True Self, True Life is pure goodness. Goodness. When you grasp, when you waste your good merit, you cause grief for others, so you cannot afford to be careless. Drop self cherishing, so you can realize that you owe your life to all beings. When I was 18 years old I enlisted in the special forces. The war was going badly for Japan and we were allowed to join younger than previously. And I can just hear you saying now, “Here he goes again with that old story”. But that experience led me to open my eyes to Life. It led me to come to see True Life. So, I just can't help but talk about it. All beings are Buddha. Buddha everywhere. You have a tendency to think that human beings are superior. But all beings means: JUST THIS. It is by the grace of the entire universe that you are Here-Now. So, your life, no matter how you look at it, your life is exquisitely precious. Absolutely perfect. But you don't yet see it this way, do you? Because you are not seeing reality. You do not see THIS as Buddha, because you are looking outside, away. Humans are the masters of distraction: “I”, “me”, “mine”, “best” first and

foremost. Even a pebble beside the trail could get a laugh out of the that attitude. The truth is you are receiving all things, All Being. Receiving. Blessed with all of the universe, heaven and earth. Yes, you can accept THIS, your Life. THIS. THIS. THIS. Without complaint. There is no need to look away from who you really are. JUST. JUST. JUST. All things are such as they are. There is no need to analyze it, only to receive All Being as it is - Now and Here. The hand [clap], sound! So straight forward. Its direct. It is that simple. It's THIS simple. Heaven and Earth are One Body. True Life. And it's not somebody else's life. It's yours. No arrogance. Be like the small child, naïve, unafraid, direct with Life. The child has these qualities but as we age the sense of ego-self becomes stronger and stronger. So, we begin to create opposition everywhere. We lose sight of Truth. We become hard and brittle. Feeling ourselves to be now weak and lowly, or now arrogant and superior. Isn't that really the way we become? But THIS. THIS. JUST. Greeting everything with a gentle face. Of course, gentle, soft, because there is no self. Nothing separate. Nothing fixed. So how can there be any hardness, any solidity? All Being is without self. Therefore, THIS True Self, THIS True Self, is just as it is, gentle, open, accepting. ONE - right on with each and everything, with each and every one, with each and every encounter. This is the way it is. Now. Here. All Being is without self. Direct. Perfectly direct. Please just be the pure self that you are. There is nothing else. So maybe you say, "Ok, so I guess I can just give up complaining and protesting. I will not object to anything". Good. Be one with the flow in this time, in this place. Obedient to THIS. Obedient to Truth, to All Being. Soft face. So maybe you can't say, "Alright, I'll just do it". But you can, because you are perfectly soft, direct, gentle. When you become obedient, that is to say, uncalculating, pure, you will be so very, very happy, I can tell you that. You are protected and supported by All Being, pure joy. What a pity not to know pure joy. Even if you feel like complaining, wishing that things were somehow different, that things were "this way" instead of "that way". Hey! You don't have to get caught up in it, because all the world is taking care of you just beautifully. What a pity to ignore it. Greeting everything with a gentle look. Just THIS gentle face.

One with all beings we attain the Buddha way.