

Fujita described Zazen as 'one piece' Zen.

The one piece is everything.

The difficulty with this perspective is that we tend to oscillate between the individual and the universal.

And between self abnegation and self inflation.

Unless we challenge the individualistic assumption that is as natural to us as breathing. More, even.

But we should try:

Examine our actual experience. Our experience now is not that we are practicing with others, but we are practicing together.

Each of us with our sincere effort within this body of practice.