

The Tibetan word for Samsara ('khor ba') literally means circling. Just going round in circles; blown here and there by karma.

Nirvana is not trying to do something to fix our karma, nor trying to perfect the self, nor making ourselves more wise or more compassionate. All of this is just samsara.

It is simply to stop fabricating. To just allow this experience to flood through us.

My first teacher Nancy said that zazen is like a huge underground river in our lives. We can't see it, but it's there. And a river, obviously, is a path, a way. Likewise, the ground above it. Likewise, the space above it.