

Practice is not the suppression of noise. Neither is it the realisation of some pictured state of tranquility.

Rather, it is the actualisation of vast compassionate space. It is “vast” because it contains everything. All the noise and silence; all the pain and beauty.

At each moment of sincere practice we are within that realm of practice enlightenment. And so are all practitioners, in all times, and so this practice is beginningless and endless.