

Issho Fujita described our practice as “One Piece Zen”. That is, rather than the individual striving of this person, our practice expresses the dynamic unity of all beings, all being, all space.

The trap is to picture a cosmos, with us within it. To escape that trap, we need to feel this dynamic unity as something real, not imagined. That’s why the posture is so important.

In our posture, we have the actual experience of dynamic wholeness and aliveness with our liberated spines. We have the actual experience of vast dynamic space with our liberated breath.

So, our posture, from the perspective of the self, is the symbolic enactment of the two facets of this dynamic unity, and the unity itself. And, when body and mind is dropped off, this enactment is no longer just symbolic, but real.