

Dogen's Dharma Hall Discourse 463 [adapted]

Dropping off body and mind; dropping off this skin, flesh, bones and marrow; dropping off this vivid waterfall of experience: How can this be you? How can this be other?

Breaking into a smile, nothing has ever been separated.

[after a pause]

In other days, we have mapped out this entire miraculous world, but this day, we are as innocent as children singing