

One of the most significant innovations of the Mahayana is the Dharmakaya; the idea that the whole universe is the body of the Buddha. It is a radical re-imagining and enlivening of our normal view, changing our picture of the universe from a collection of objective, separate and largely inanimate things, from which we are somehow separate, to one where everything is "alive" and expressive, within a greater, alive whole.

I believe it derives from our actual experience in zazen. When we sit, we are not within the primary alienation, which thinks of the body as an object, distinct from, yet controlled by, the self. Rather, we experience ourselves as activity and expression - aliveness - and there is no clear boundary between this body, and the great body of all being.

It is not that this small body becomes the great body, nor that this small deluded person becomes a great person, because this would simply be ego inflation on a grand scale. But rather, we are taken back into the heart of all being.