

**22.**

Written by News Administrator

Thursday, 27 June 2013 14:15 - Last Updated Thursday, 27 June 2013 14:15

---

The desire for enlightenment is the root of delusion. It is a project of the heroic ego, and the ego is part of that frozen mass of thought and feeling we call delusion. Zazen is a melting of that mass.

It is no use calling on our demons to leave us. Even if they wanted to, they can't. But we can leave *them*.