

My teacher Nancy Amphoux asked her teacher how she should practice zazen. He said "You should practice zazen eternally". Nancy said that at first she took this to mean that she should practice for the rest of her life.

Eternity means timeless, throwing away linear time. So, Now ceases to be a point and instead becomes vast space, containing everything. We could call it the eternal present. It is not that it is undifferentiated, rather that everything is vivid and whole. Things do not cease to exist, but they do not exist in the usual way, and so we call it Nothing, No-thing.

Time is the cornerstone of the house of delusion. If the stone is removed, the house must fall.