

In zazen, we cultivate unadorned awareness. We simply allow our experience, without making any judgement.

This awareness operates at a number of levels. Most obviously, we are aware of our ego sustaining chatter. Then we are aware of our strategies to avoid our experience –distraction, fatigue, agitation, and so on. And deeper still, we are aware of our habitual attitudes towards our experience while sitting: anxiety, frustration, hopelessness, resignation and so on, and this habitual attitude mirrors our attitude to our life generally, and so what is unconscious becomes conscious.

Awareness is like a deepening ocean. As it becomes deeper, it becomes clearer. And so, everything is illuminated.