

My teacher Michael Luetchford said that people imagine that Wholeness is taking two distinct things –mind and body say, or self and world, and fusing them together by dint of a stupendous spiritual effort.

Which is idiotic. The core insight of Buddhism is dependent origination; in Dogen's terms, Full Dynamic Functioning. Taken seriously, it is the diamond which cuts through all delusions: self, separateness, grasping and rejecting, time as the container of things and the narrative space of the self; everything.

But it's no good as an idea. We have to feel it.