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## **Feeding Your Small Buddha**

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Practicing the Dharma is like bringing up a child. You have to develop a relationship like that between mother and child. There is a story in Buddhist writings that if someone sees the Buddha even once, he becomes pregnant with this Buddha, so he or she has such a small Buddha inside.

And if he practices and practices and practices then this Buddha grows and grows and grows. Finally your eyes are Buddha's eyes, your ears are Buddha's ears, your behaviour is Buddha's behaviour, because that Buddha fills your whole being.

But this Buddha has to be well fed. If you are a mother, how often do you feed your child? Only once a month? Maybe you are a better mother and you feed it twice. Maybe you are almost an ideal mother and you feed it once a week.

It's not enough. A good mother feeds her child every day. So if you have a problem with practice, just ask your Buddha inside if he is not hungry. Just ask him. Then Buddha will answer, (*squeaks*) "Mummy! I'm hungry! Let's go to the Dharma Room!"

Every day, every day, every day, be a good mother. Mother has a headache sometimes, sometimes she has depression, sometimes she is nervous, sometimes she is just tired; but she never loses her awareness of her baby's needs.

So practice is a great obligation. It means, no matter how you feel, whatever your body or mind's condition, just do it.

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