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Who Binds You?

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From a Dharma talk on 30 July 2008, during the Summer Kyol Che at Warsaw Zen Center.

Student: What is freedom?

Piotrowski PSN: What are you doing just now?

Student: I am sitting and talking to you.

Piotrowski PSN: Who binds you? Who has bound your mind? Show me your mind.

The student hits the floor.

Piotrowski PSN: Only this?

Student: Something else, but I cannot understand it.

Piotrowski PSN: Who bound you? Where are your bonds?

Student: They are feelings, coming and going.

Piotrowski PSN: So don't interrupt them – then you are already free.

Student: I shouldn't need your help ...but yes.

Piotrowski PSN: Quite often we talk about freedom, and we are looking for freedom, but to find freedom we first have to find the walls of our freedom. So I am asking you, "Who is binding you? Who is keeping you imprisoned in walls?"

It is difficult. There is a sentence in the temple rules: "If you break the wall of your self, you will become infinite in time and space." But if you are a little attached to this wall, then you will need to get some heavy equipment! It takes some very hard work.

But if you sit and you try to find the wall of your self, you cannot find it. This, not finding the boundary of your "I", is destroying it. Then infinite time and space appear.

We are looking for this boundary, but we cannot find it. Then we realise that there is nothing: infinite time and space are already our "I".

Student: ...I believe it, but there is always something that disturbs me...

Piotrowski PSN: You have to find a really sincere mind of practice...

When you think, “How can I be free?” then start looking for your bonds. If you cannot find them, this means you are looking for them in the correct way.

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