

# How Can I Help You?

BY ZEN MASTER SEUNG SAHN

The sky is blue. The tree is green. The dog barks "woof, woof". Sugar is sweet. When you see, when you hear, when you smell, when you taste, when you touch, when you think, everything, just like that, is complete. There is no subject and no object at that point. Everything becomes one. Correct situation, correct relation and correct function becomes clear at that moment. When someone is hungry, you give them food. When someone is thirsty, you give them drink. When your mind is clear, it is possible to function to help others. This is Great Love, Great Compassion, the Great Bodhisattva Way. When we see a person who is suffering, or hear that someone is suffering, our compassion immediately responds and wants to help.

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