

Mind Garden, Buddha's Seat

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You come in here for meditation time. How long will you keep clear mind? One minute or two is very difficult sometimes. A long time, *very* difficult! Your mind is always changing, changing, changing, changing.

So use this technique: slow, slow breathe in; slow, slow breathe out. Five seconds breathe in; ten seconds breathe out. Then it is possible to keep clear mind. But sometimes you forget. So begin using this style, "Clear mind, clear mind. Don't know..." Do that maybe three or four times, and already your mind that goes round and round begins to disappear. That is our mind, that has a problem. So strong practicing is necessary.

Soon we have our twenty years anniversary. That is a wonderful day! How many people will come here and practice in the Zen center? Many people will come here and pass through, come here and pass through... Just passing is no problem. Buddha said, even if you stay one moment in a temple, that already makes your mind-garden inside into Buddha's seat. Some day this seat will grow up, then become Buddha. That is wonderful.

So, many people, coming and going. Coming, practicing in the Zen center, and going; coming and going. Many many thousand people, I think, for twenty years! So that is wonderful. Whether they are practicing now or not practicing doesn't matter. They are already inside Buddha's seat and some day this seat will grow up and help other people...

If your center is strong, continue practicing, practicing, practicing, then you can change what is not right in this world. You can change! You can change!

So one by one, your mind is very important. Your direction is also very important; your center is also very important. What are you doing this moment to moment to moment? That is very important. If this moment is clear, your world and this whole world becomes clear. If this moment is dark, with bad thinking and you cannot find your direction, then you have no direction, which means you don't understand the meaning of human beings. You come into this world. Why come in this world? – don't understand. Why die? – don't understand. Everybody doesn't understand why we come into this world. But if your center is strong, you are very clear why you come into this world.

Karma controls you? Or you can control your karma, become a clear bodhisattva? Which one do you like? If you are not practicing, your center is

not strong, then your karma controls you. But if your center is strong, then you can control your karma, and everything becomes clear. Then your direction is clear in front of you, no problem. Everything is no problem...

So this moment is very important. Moment to moment what are you doing? What are you doing now? Just do it! Don't check the past. Don't check the future. Also don't check now.

Only you keep moment-mind. Originally, present, past and future are made by your thinking. There is no time. There is no space. Our thinking makes space, and our thinking makes time. Also our thinking makes cause and effect. If you cut off thinking, the whole world is in front of you. That's your world. Not Buddha's world, not Kwan Seum Bosal's world, not Christian world, not God's world. You make everything. You can control everything. That is our practicing...

Outside job and inside job, two kinds of job we have. What is outside job? That is only bodhisattva action. Inside job: moment to moment keep clear mind. One mind and clear mind are different. One mind makes some money; clear mind means moment to moment attain correct situation,. What are you doing now? You must do it!

So outside and inside then become one. If you become one, then your job appears clearly. The name for that is, moment by moment by moment, Bodhisattva Way.

"Bodhisattva" means true-way small "I", keep nothing "I", and help other people – that's big "I". Small "I", nothing "I", big "I": together their name is "Bodhisattva". Small "I" disappears, keep nothing "I", then not moving, then help other people –that's big "I".

So that is very clear. That is our job. If you lose your direction, you are not clear, also you don't understand the correct way. So moment to moment, just wake up and become clear, keep moment-to-moment Bodhisattva Way, help this world, help all beings.