

Mind Light and Karma Wind

BY ZEN MASTER SEUNG SAHN

From a Dharma Talk at Cambridge Zen Center, July 7 1989.

Zen means correct meditation: not-moving mind, everything becomes clear. Not-moving mind, then your mind light appears. Mind light appears, then correct shining, then correct seeing, correct hearing, is possible. But if you are moving your mind, then you cannot see correctly, cannot hear correctly. If somebody is shaking your body, you cannot see correctly.

Sun rising in the east mountains, then brightness! So you can see the mountain is blue, the sky is blue, the wall is white, the floor is black – everything. If you have no light, only dark, you cannot separate red or white. If you have light, you are clear; any kind of colour, any kind of form, any kind of thing you can see correctly, you can hear correctly, you can use correctly. Correct function, correct situation is possible.

Same as that, your mind light is very important. If your mind light is shining then you can see this world correctly and also correctly see your way, and the truth and correct life.

So how is your mind light bright? Not moving! If you are moving, there's a wind coming this way – we say that is the karma wind – and takes away your mind light. If you are not moving, the karma wind does not appear. Mind moving, the karma wind appears and takes away your mind light. So if mind is not moving, karma does not appear; if karma does not appear, you have no karma wind, so then it cannot take away your mind light. So your mind light is very important, that's why I talk about it.

So I hope you only go straight, only use don't-know, then your mind light is bright, then everything is clear. So with don't-know energy, your mind light is bright, you see correctly, hear correctly, smell correctly, touch correctly, thinking correct, find your correct way and truth and correct life, get enlightenment, and save all people from suffering.

Thank you.

This article copyright © 2008 Kwan Um School of Zen