

# Moment-Mind

BY ZEN MASTER SEUNG SAHN

*From a question-and-answer session at Cambridge Zen Center, 6th April 1989.*

This world is very complicated, but if you don't make anything, this world is never complicated. If you make something complicated, this world is very complicated. So don't make "complicated". How can you not make complicated? Don't make anything. Only moment to moment to moment, just do it. Just do it.

This moment-mind is very important. If the moment is clear, past is clear, future is clear. But everybody loses the moment and thinks about the future: maybe tomorrow I this and that... already loses this moment. Also checking the past: yesterday I this and that, checking this past, already loses this moment. But moment-to-moment clear means already in this moment you have infinite time, infinite space. So moment clear means future clear. Moment clear means past clear. So past, present, future, all become clear in that moment. Moment-mind is very important.

So everybody just attain moment to moment to moment. Very important. How do you attain your moment? That means practicing. If you don't have strong practicing, you lose the moment, because your back-seat driver always controls you. "This way, this way, this way, that way, that way, that way." Then already you lose the moment.

But you must drive your rental car. Moment to moment: red light, stop; green light, go. Okay? If you are only thinking, thinking, thinking, then you lose the moment. Then that means the back-seat-driver controls you. If your center-moment is clear, then if your back-seat-driver talks about it: "That way," you say: "Shut up, that's my car!" No problem! (Laughter).

So practicing is very important. Every day, any kind of practicing. Just do it!

**Student:** Practicing zazen?

**ZMSS:** Yes. If you don't like it, "Coca Cola" is no problem. Every day "Coca Cola, Coca Cola, Coca Cola." Then "Coca Cola" is working for you. Doesn't matter. "Coca Cola" is better than dry shit on a stick. Somebody asked Un Mun Zen Master, "What is Buddha?" He said: "Dry shit on stick." Coca Cola is better than dry shit on stick. Why not?

Only keeping one mind, one point, only just do it. Bowing or chanting or Kwan Seum Bosal; every day practicing, practicing, practicing. Then your center becomes stronger, stronger, stronger. Finally you control your feelings, your condition, your situation. Then see clear, hear clear, everything is

clear. Sky is blue, tree is green, wall is white, dog is barking, sugar is sweet – all just like this is truth. That has becomes yours. Then everything is no problem.

But everybody is holding something, attached to something. That's why they have a problem. Don't make "my mind". If you have mind, throw it in the garbage. If you have a mind, problem; no mind, no problem. Okay? Only just do it, moment to moment.

So I hope, when everybody returns home, only don't know. What am I? "Don't know." If you don't like "Don't Know", "Kwan Seum Bosal" is no problem. If you don't like "Kwan Seum Bosal", "Coca Cola" is no problem. What am I? – "Coca Cola." Okay? Then Coca Cola and you are never separate. Only try, try, try, then your center becomes stronger, stronger, stronger. Because if your center is strong, everything becomes yours. Not only Coca Cola, Seven-Up becomes yours, wine also becomes yours, cognac also becomes yours, everything becomes yours. The whole world becomes yours. Then no problem. You are the true master here – universal master. The name for that is Don't Know Master.

So I hope you only go straight, don't know, try, try, try, soon get enlightenment and save all beings from suffering. Thank you.

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