

# The 'One True Love' of Touch, Sight, & Sound ~ Shinzen Young

00:00:00 One day, no work.

00:00:07 One day, no eat.

00:00:20 So that was the rule in the Chan monasteries.

00:00:23 You had to work.

00:00:26 So how are you going to meditate while you work?

00:00:33 They also brought in the Taoist notion of oneness.

00:00:40 The oneness of the Tao, the oneness of inside and outside, the oneness of humans with nature.

00:00:49 So you bring in the ...

00:00:51 The Buddha never talked about oneness.

00:00:55 The Buddha talked about freedom from suffering, freedom from limited existence.

00:01:02 Never talked about oneness, but oneness is certainly a facet of the practice.

00:01:11 Taoism talked about that a lot.

00:01:13 So how does that come together?

00:01:17 Well, if you were to do Zen with my teacher, Joshu Sasaki Roshi, one of the first koans

00:01:27 or questions he'd give you is, when you see the flower, how do you become free?

00:01:35 How do you experience one true love?

00:01:40 When you hear the temple bell, how do you experience one true love?

00:01:46 When you chop vegetables, how do you experience one true love?

00:01:50 Notice these are touch, sight, sound things.

00:01:55 So while you're working, what do you need to work?

00:01:58 You need touches, sights, sounds.

00:02:02 What you don't need a whole lot of is memory plan fantasy.

00:02:06 And memory plan fantasy is in feel image talk.

00:02:11 It's in your mental pictures, your internal conversations, and your emotions around that.

00:02:16 So the idea would be that when you just see or just hear or just touch, as you're working,

00:02:26 going about the labors of the day, you could be having experiences of merging, of oneness

00:02:33 with inside and outside.

00:02:36 One dualness, because the feel image talk reactive self contracts as the

touch, sight,

00:02:44 sound impact of the world expands.

00:02:48 So you can have this sort of more Taoist experience of the oneness with nature as you're going

00:02:53 about working.

00:02:54 So it's perfect.

00:02:55 It brings together the Taoist philosophical perspective with the Confucian work ethic.

00:03:06 Part of the focus on ordinary that I give you, where we have touch, sight, sound, that's

00:03:12 to allow you to sort of do that Rinzai Zen thing.

00:03:16 As you're driving the car, you can still be in a deep state of meditation.

00:03:23 How do you experience one true love when you are driving in smog in Los Angeles?

00:03:29 Well, just drive.