

Dogen described zazen as 'dropping off body and mind'. In other words, as thoughts, feelings and sensations arise, and we realise we're holding on to them, we let them go. That's it.

After a while, we may start to feel a remarkable steadiness, coupled with a sense of great spaciousness, like a mountain, like the sky.

And we may imagine that dropping off body and mind is just a preliminary to this state, which we can let go. And we might further imagine that thoughts, feelings and sensations are just momentary obstructions to this state, like clouds. But that would be a fundamental error.

Just as there is no original language, there is no primordial Emptiness. It does not underlie or precede form. Emptiness and form arrive together.

The clouds bring the sky.