Now, Here, and Self

Hello, my name is Yugen Saito.

Today, I would like to talk about "At this moment, at this place, and Self.

Sokon word “so” means"immediate" and “kon”means "now" in Japanese.

This is exactly where we are.

It is also the self that expresses the self.

When Dogen, the founder of the Soto sect of Zen Buddhism, was still in rigorous practice at Tendo Mountain, he was asked the following question and answer.

"How can monk not use an Anja or a man-made object the monk said, "The other is not me”. The "Mere Old Man's home is the Dharma. The sun is hotter than the sun ,the sun is hotter than the sun. "Wait for what time it will be”. The monk said, "I must take a rest”

Sanso refers to Dogen. Za" refers to the seat of the priest.

There was a priest drying shiitake mushrooms under the blazing sun without a hat. A tenzo is a monk who prepares meals at a Zen temple. Dogen, who could not bear to see that the man was an old monk, said to him, "An old monk does such a chore?”."It is not right that an old monk should do such a chore. Why don't you have a younger person do it?

The old monk replied, "The others are not me”.

It means that others are not me, that this is my practice, and that I cannot allow others to do my practice.

Usually we blurt out, "Why do I have to do this? But if I have to do it, it is my job, and I should do it with all my might”.　The old monk told him.

Dogen said, "You are right," and then replied,

“But it is so hot now, why should you do it now? The old monk replied, "I agree with the old monk”

The old monk replied, "I will wait for the right time”.

The old monk replied, "If we don't do it now, when will we do it?

Dogen confesses, "I am a monk of the mountains, and I am at rest. Dogen confesses, I could not help but to be extremely sad”.

We often say, "Later, later”. We put off for a moment the work that needs to be done, and when it must be done, we do it while muttering, "Oh no, oh no." This is not a wise approach. It is not a wise thing to do.

The old monk taught Dogen the following

What the old monk taught Dogen was "Sokon, tosho,and Jiko .

Sokon means "now.

Tosho means "here.

I do what I have to do now, here, and now.

Every second that passes is the past, and every second that goes by is the future. We are living in the present, between the past and the future.

The Buddha said

Don't chase the past. Do not wish for the future.

The past has already been discarded. The future has not yet come.

Therefore, observe the present in the present.

and practice with discernment, without wavering or wavering.

Do diligently what needs to be done today.

Do not know that someone will die tomorrow.

This is the basis of our way of life.