

Reassurance

Hello, my name is Yugen Saito.

Today, I would like to talk about Anjin (peace of mind).

There is a word "Anjin" (peace of mind). As the word suggests, it means peace of mind.

In fact, this word is originally a Buddhist term, not "anshin," but "anjin" in Buddhism.

The Buddhist term anjin refers to a way of life in which one accepts various events of joy, anger, sorrow, and happiness with joy, while possessing the wisdom and strength to live life in a positive manner.

It was Master Daruma who introduced Zen from India to China. It is said that he stayed in a temple called Shaolinji and sat facing a wall for nine years to attain enlightenment.

What did he gain from his austere practice?

It is "peace of mind."

He gained peace of mind through the teachings of Buddhism, and became free from agitation. There is no fear of the future, no fear of failure, nothing.

One day, a disciple of Dharma, Eka, said, "I am so anxious that I can't help it. Please take away my anxiety. Then the great master said

All right, that's easy. Here, show me your anxiety, and I will reassure you.

Hearing this, Eka immediately realized that he was only creating his own anxiety and that anxiety itself had no reality.

Anxiety and fear are created when we are thinking about the future that is yet to come or trouble that has not yet occurred. In other words, we are only imagining and worrying about things that are yet to come.

Concentrate on what you need to do now, on what is right in front of you. Then there will be no time for anxiety and worry to occupy your mind.

I would like to share another story with you.

There was a Zen monk in the late Edo period, Fugai Honkō, who was very famous as a painter of Zen paintings, which express the doctrine and spirit of Zen Buddhism.

When Fugai was the abbot of Entsuji Temple in Osaka, Kawatou Tahee, one of the richest merchants in Osaka, came to him for advice on a business problem. Tahee explained the current state of his desperate business situation to him in a straightforward manner.

However, the monk Fugai is looking in the wrong direction and does not seem to be listening to what Tahee is saying.

A moment ago, a single horsefly flew into the room, hit a shoji (paper sliding door) to get out, fell down, jumped up again, and hit the shoji. Fugai never tires of watching the fly repeatedly do the same thing.

Tahei couldn't stand it any longer.

Please listen to my problem more seriously and give me some advice.

Tahee said, "No, Tahee. Look at that horsefly".

He can escape from anywhere in this broken temple, but he keeps bumping into shoji screens trying to get out from the same place. At this rate, he will die. But you know, Tahee, there seem to be more people like him than you think.

Tahee was saved by these words from Fugai.

It was a simple story, but it is a good example of a self-imposed rope. It means that you are bound by your own rope, or in other words, you are bound by something.

Through the teachings of Buddhism, we can eliminate the captivity in our lives, find peace of mind, and live a life without fear or anxiety about the future.

The postcard sermon series was given by Rev. Yugen Saito of Hagyu-ji temple . Translation and voice in English by Hirokazu Kosaka.