

## **MINDFUL-MEDITATION**

by Milton Moon

*The personal for those who need it:*

*Born in the Asian Year of the Fire Tiger and the Eastern Horoscope of the Scorpio. But fear not, the Scorpio-sting is broken and the feared fangs of the Tiger are crumbling and Fire has gone out to be relit afresh every sixty years. Looking younger than ninety-three years, which I turn later this year, the 'walker' is a 'giveaway'. With normal people, I politely wave them on.*

*I studied Zen for many years. I began unguided nearly sixty ago and formal studies when living in Japan forty-five years ago. Whenever visiting Japan, I sought out my teacher and also sent him my various writings. Though Zen was the principal subject in the temple, my Teacher had extended his interests wider into Buddhism. I was to learn myself that there is no limit on spiritual 'searchings and findings' — it is a holy pilgrimage with no ending. For many years, I practised what my teacher taught but there's more beyond the silence and the whispered secrets.*

There are many paths  
but be aware,  
one could fill you with pride  
but doubtful progress,  
the other with delusion.

The paths of Zen are various,  
spread throughout the world;  
mindfulness, based on meditation,  
is one such path.

Meditation or mindfulness  
comes in many wrappers  
with either luck or determination.  
The result can be shallow or deep,  
determined by many things.

Enlightenment helps  
as a protective dressing against  
the stresses of daily-life;  
a panacea for painful hurts,  
that are still hidden within the mind.

The depth of wisdom-insight  
varies with each person.  
At time, it lasts a lifetime,  
a questioning of each moment;  
others forgotten for a lifetime.

The honesty or lack of it causes surprise.  
Some persons are scrupulous on  
what they consider a matter of seriousness.  
Some admit to scepticism when  
they first read of the 'easy way.'

Appealing to the Buddha's mercy  
yields the story of Amida.  
Hearing and reading  
of the Pure Land path, we find  
endorsements renewed or revived.

Not only my Zen teacher and  
his illustrious Zen teachers  
challenged me to study  
the Pure Land Way,  
particularly Shinran.

Whether you follow the Zen way  
or the Nembutsu entrusting  
to the Eighteenth Vow,  
if you think that this is the end,  
then you should re-examine your lives.

The law of Karma must be completed;  
even the Buddha's lives cannot be  
fulfilled without full atonement.  
Choose, Zen or the Pure Land's nembutsu:  
Namu Amida Butsu.