



## ***Dharma Eye***

*Dharma eye* is the eye that sees everything as sparkling truth and beauty, and which is called *tatha* (thus-ness, such-ness, as-it-is-ness). Seeing *tatha* is achieved through the practice of seeing oneself.

We usually never see us, let alone we never dream sparking truth or vivid beauty on anything; instead we are accustomed to see mundane and boring life and nature in our daily life. We see others or our environments and circumstances only as the objects and instruments to fulfil our needs and desire, or the purpose of our willful survival. All natural being such as animals or birds, fish and insects also never see them, but they see their food or their mates which are indispensable for their survival. It is sufficient for natural beings, because they are natural being born and dying at this moment without any doubt and suspicion; simply they have no organs and faculty to investigate these conditions. They know how to avoid their enemies; they know how to hunt their food; they know how to find their mating partners to reproduce, they know how to die when death comes to them. Death fertilizes and enriches the soil. That is the cycle of life. Actually death is not the end of life, but the beginning of the next generation. That's all of their life. The more or the less, they are almost the same as trees and grasses, dying and being born in the nature – coming from the earth or water; and going back to the original point without any unnecessary phenomena.

However, when it concerns with humans, the story is little different. Humans do not simply return to the original point where they have come from; even they do not believe that they simply came from nature. They believe they do not belong to earth or soil, water or air, but they believe that they came from heaven or universe, which contains earth and water, air and gas, light and energy. Mostly they believe that their true essence is not materialistic but the more or the less spiritual. They believe eternity of

their life, even going to hell and heaven after their corporeal body is disintegrated. They believe in soul. They suppose some special agent and they call that god or creator. The problem is that they actually do not know what precisely god or creators is. They cannot truly identify or prove their soul either. They have very vague knowledge about the true origin of their life. That's the reason why they cannot die or live properly. They think something that is hidden, mysterious, occult to their daily life. They are full of confusion and suspicion, anxiety and worry, pain and suffering, ignorance and absurdity, unnecessary commitment and relationship, all of which make them the slave of unresolvable complication and intricacy, because of this kind of ambiguity. They need special wisdom to understand their fantasy and mistakes which does not exist for natural beings. As a matter of fact, they suffer a lot from all phenomena in their life that is birth, illness, old age, death, love and hate, gain and loss, success and failure, honor and disgrace, justice and injustice.

On the other hand, the humans have been studying nature and their own life by observation and reasoning which we call science. Science has been providing us with some accurate and precise process of creation and development of all lives on the earth and ocean, air and elsewhere under the name of evolution. As the result reasonable and rational, fair and unbigoted persons know that we are product of oxygen and carbon – photosynthesis and metabolism that produces glucose and protein out of sun light energy and chlorophyll, oxygen and carbon dioxide. Either plant life or animal lives both in the water and on the land have been produced by these two major chemical interactions which we call photosynthesis and metabolism, however lives are mysterious and miraculous, there is no exception in terms of creation and extinction, birth and death, appearance and disappearance. This is simply matter of chemical interaction. We need not satisfy our vanity by mysterious creation; instead we have to amaze at the true miracle which has been performed by nature. Nature itself is miracle and mystery, which constantly carry on endless creation and destruction, production and annihilation, death and birth. That is nature, or universe, the space that is full of energy and particles, interactions and interrelations. Nature is more powerful than any god or creator that are imagined and described in any literatures by humans.

However, knowledge or information is difficult to be applied to our own life. We know and conceptually agree with the theory; however, it seems that humans have another entity which refuses the acceptance of knowledge, even fact and reality to their own life – feeling, emotion, evaluation, vanity, pride, ego, death and finally to their existence.

It seems that we are owners and masters of knowledge and information, that we are entitled to arbitrate them, but we are not obliged to be ruled or controlled by mere logic or theory. We are divine and holy, sacred and solemn. This is our sentiment which refuses all the application of truth and theory to ourselves. Herewith I have again to declare that nature is more divine and sacred, more holy and solemn than any constituents of the universe are.

Naturally the matter depends upon how to apply the knowledge of science to our own life to fully and completely, to perfectly and absolutely resolve all the suffering and tribulation in our life.

We know and experience that there is a big gap between the first person and the third person. The third person is the object of our observation, an item of our knowledge. It does not require any sympathy or commiseration, let alone any compassion. When we surgeons put knives on patients' bodies, we do not feel any pain or itch. So we can perform necessary treatment to satisfy us in terms of conscientious business. However, it

would be different when we do the same thing on our wives or children, or even on us. Certainly we feel great deal of difficulty to freely wield our knives.

When it goes on us, free and unbiased examination itself is not so easy. We are reluctant to discover or admit any problems on us.

We feel great difficulty to truly find us. We have proclivity to hide our secrets and flaws; we have instinct to protect us and we camouflage us in deceptive way. Actually this skill or instinct to hide and cover oneself is so deep rooted that we ourselves are not, or cannot be conscious of our doing. This is the reason why most of the people are quite ignorant of themselves. They do not see or understand themselves, or it is not necessary in terms of fight or flight situation under natural environments of hunting or being hunted. So we know that all persons die, but nobody wants to die. We are surrounded by seniors, but we do not recognize that we are one of them. No doubt we are one of them – hundreds, thousands, millions, billions lives on the earth. All these lives are being born and dying, mostly being eaten by other beings, or simply perishing under the un-clement climate or weather, environments and circumstances. Otherwise the earth will be covered up by over-population. We have to die to keep balance with the nature, which has limited ability to feed the lives. But nobody volunteers to offer his or her own life; single-heartedly they desire to survive.

We are amazingly ignorant of ourselves.

It seems that knowing oneself requires totally new approach. The practice is perfectly different from instinctive approach or intuitive knowledge. The light has to be directed in oneself. The light has to be shed on ourselves. How much dazzling or how much uncomfortable it is, we have to bear the pain of checking oneself, exposing oneself, stripping and abandoning all the vanity, pride, honor of life.

We have to go beyond us, to see and observe us as an object of unbiased and thorough examination. We have to break through our physical body, which has sensation such as pain, comfort, cold, hot, dirty, greasy, dry, humid all of that create great deal of attachment and clinging to the life. We have to transcend our emotion: love and hate, honor or disgrace, pride and humiliation, good mood or bad mood, frustration or depression; finally we have to conquer our mind: lethargy, greed, lust, ill will, restlessness, and ignorance.

How can we overcome and transcend these phenomena on our life? Why have we to do that? This depends upon the degree of tribulation one has in his own life. When we are confronted against and are confined and are surrounded by overwhelming pain and suffering, problems and questions, we have to face and resolve it at any dear cost right away. There is no place to escape or avoid the problems. Because the source of suffering is oneself. We are totally cornered; so only resort for survival is oneself. For the first time we inevitably see ourselves.

The very efforts to focus on oneself are the *Dharma Eye*. *Dharma Eye* gorges into oneself deeper and deeper, till it finds something positive and meritorious, even joy and comfort, knowledge and insight, peace and liberation.

Actually all problems are created by distraction, which means that we are split and disharmonious with ourselves; we are fighting with ourselves. That is the reason why we feel constant pain and tribulation, which is actually coming from oneself. When we are distracted we assume and misunderstand that all problems are created by others, so we seek solution outside us. The consequences are almost naught. As a matter of a fact we cannot control others, only what we can control is oneself.

When we really suffer, and we become really serious, we close up ourselves, we cannot go out, so we stay with ourselves, automatically reflecting on us. We are ready to die; we do not eat, we do not sleep, we do not talk, we do not think. This is almost

committing suicide. When we are thus focussed and not distracted to outside world, we do not see anything, while we are seeing everything; we do not hear anything, while we are hearing everything; we do not smell anything, while we are actually smelling everything; we do not taste anything, while we are tasting everything; we do not feel anything, while we are feeling everything.

When we are totally blind, deaf, dumb, senseless, tasteless, thoughtless, lifeless, lifeless and dead; thus focussed on ourselves, we see our breaths that are pervading entire body. This eye-opening experience that we meet ourself for the first time in our life, is seeing oneself – gaining *Dharma* Eye. We encounter true self with joy and comfort inexpressible happiness and satisfaction. We are intimate with ourselves for the first time in our life. We perceive our breaths, we feel our body and mind; we feel joy and comfort, the true and genuine life. We know this is true life that is free from any transitory conditions in the environments. We know this is the real meaning and entity of life. This is the cause and purpose, value and beauty of life. This is the reason why everything exists.

**Natsuo Shibuya**