



Life is not our Business

Life is not our business
So much that we make it our business
We suffer.

Unless we make it our business
We do not suffer from it at all

When we are wakeful that life is suffering
We never try to make it our business

We never try to activate our blind ego;
We are careful to reflect on ourselves

We find problems on ourselves, not on others
We resolve the problem by ourselves

We observe true nature of all phenomena
We realize the basic truth

We know that everyone is the same
We experience that hurting others is hurting one

We become aware that infatuation is poisoning oneself
We know that when we eat too much, we become obese and heavy
We know that if we drink too much we become groggy and addicted
If we are too much fond of women, we are captivated by them
And we lose trust.

We know that if we are attached too much to money
We become a miser

We realize that if we are too much proud,
We become vain

We understand that if we are too much intelligent,
We become narrow sighted and unwise

We observe that if we become too powerful,
We become arrogant

We see that if we are over protected,
We become selfish

How much we want to know the secret of nature,
It is impossible for us to fathom the size of space,
It is impossible to know the beginning of life.

We have to know that our consciousness is the last comer in the universe,
We become aware that we are existing without our conscious recognition

We do not breathe with our consciousness;
We do not circulate blood with our voluntary muscles.

We cannot control our digestive system;
Much less control our urinary system.

Even we cannot control our mind and consciousness;
We cannot decide what we think and how we feel;
All these brainwork goes on by themselves.

Only thing under our control is a tiny bit of body and mind, superficial part of our daily preferences and selection.

We are easily and often confused and frustrated feeling that things do not go well.

We have to admit that the portion of our arbitration is very small.

If we ignore this fact, we are totally lost.

Still we become aware that we are alive and breathing.

We have to admit that we are not living, but are enlivened by our breathing.

Breathing existed prior to our consciousness and substantial body.

Breathing is universal activity that truly initiates formation and disintegration.

When we meditate focusing on our breaths
Just breathing in and out, out and in
Any time and place, with any postures and under any conditions

Breaking through all the hindrances and disturbances
Seeing true nature of ourselves as empty as space or energy

When we are merely space and energy,
We realize that nothing is either painful or comfortable

All are the same taste and flavor
All are the same substance and entity

As it is coming and going
We transcend small ego and substantial body to liberate us from the ignorance and limited knowledge, sensual
pleasure and cowardly fear

Just air is coming out and going out

We manifest that we are *tathagata*, thus gone and thus come

When we realize that life is *tatha* (thus),
We see everything as it is;

We realize that all are buddhas
Buddhas are all

All phenomena in the universe is just coming and going
Appearing and disappearing

No matter how they are favorable or unfavorable
How much are they welcome or unwelcome

All are the same and perfect

As it is thus gone and thus come

Tathagata and *Tathagate*

When we see that everything does occur and banish at this moment

When we hear that all things appear and disappear at this instant

We are aware of that all lives are simply natural phenomena

We understand that life is the universal truth

Life is not under anybody's arbitration or command

Not the business of any gods or creators

That we cannot decide anything as we wish

It is simply matter of interaction

Creating and annihilating at this instant

However, they are minor or major; simple or complicated,

The basic rule is the exchange of the constituents

Transition and transformation of the forms and masses

We know that our ego is only the inner entity of a matter

That goes together with the entirety

We know that our knowledge or experiences are a tiny bit of interaction

We admit that our nervous system and brain is the recent production of universal interaction

Thus we have to surrender us to the fact that all are *Tathagata*

That all are buddhas and perfect

No matter how, when, where under what condition they exist or non-exist

Do not be stupid and ignorant

Do not be confused and painful

Do not doubt or suspect

Just be ready to be annihilated under any circumstances or any occasion.

Realizing and manifesting the ultimate rule of universe

Otherwise, we suffer

We suffer

We suffer

There is no consolation

There is neither goal nor conclusion.

Just practice, meditate, and manifest the ultimate wisdom of *Tathagata*.

Just achieve emptiness

Just gain the liberation

Natsuo Shibuya