

## How to Meditate

Meditation is not special

*Zen Master Ko Bong*

**T**here are three poisons: greed, anger and ignorance. If you put these down then your Buddha nature is like a clear mirror, clear ice, an autumn sky or a very clear lake. The whole universe is in your *tantien* (center). Then your body/mind will calm down and you will be at peace. Your heart will be fresh like an autumn wind— not competitive.

If you attain this level, you're one half a Zen monk. But, if you are merely satisfied with this you are still ignorant of the way of Buddhas and patriarchs. This is a big mistake because demons will soon drag you to their lair.

Meditation is originally nothing special. Just keep a strong practice mind. If you want to get rid of distractions and get enlightenment, this too is a mistake. Throw away this kind of thinking; only keep a strong mind and practice. Then you will gradually enter "just do it."

Everyone wants meditation but they think about it in terms of medicine and disease. However, don't be afraid of what you *think* of as a disease. Only be afraid of going *too slow*. Some day you will get enlightenment. ☸

*Zen Master Ko Bong gave dharma transmission to Zen Master Seung Sahn—the only transmission Ko Bong ever gave.*

