

what am I

Zen Master Seung Sahn

True “What am I?” is the complete question—only don’t know mind. All your questions are thinking. If you keep the complete “What am I,” then you don’t know “What am I?” All thinking has been cut off, so how can a question appear? Asking who is thinking is not the correct way. This is opposites thinking. These are opposites questions, not the complete question, the perfect question. Pain is pain, the question is the question. Why ask the question about pain? Actions such as anger and fear are made by past karma, so the result is actions done in anger, etc. If a person sits Zen, they will make their karma disappear and will no longer be caught up in these actions. So when you are angry, that’s alright, don’t worry. “I want to cut off anger!”—that’s thinking. Anger is not good, not bad. Only don’t be attached to it. Only ask, “What am I?” and the action will soon disappear. ☸

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