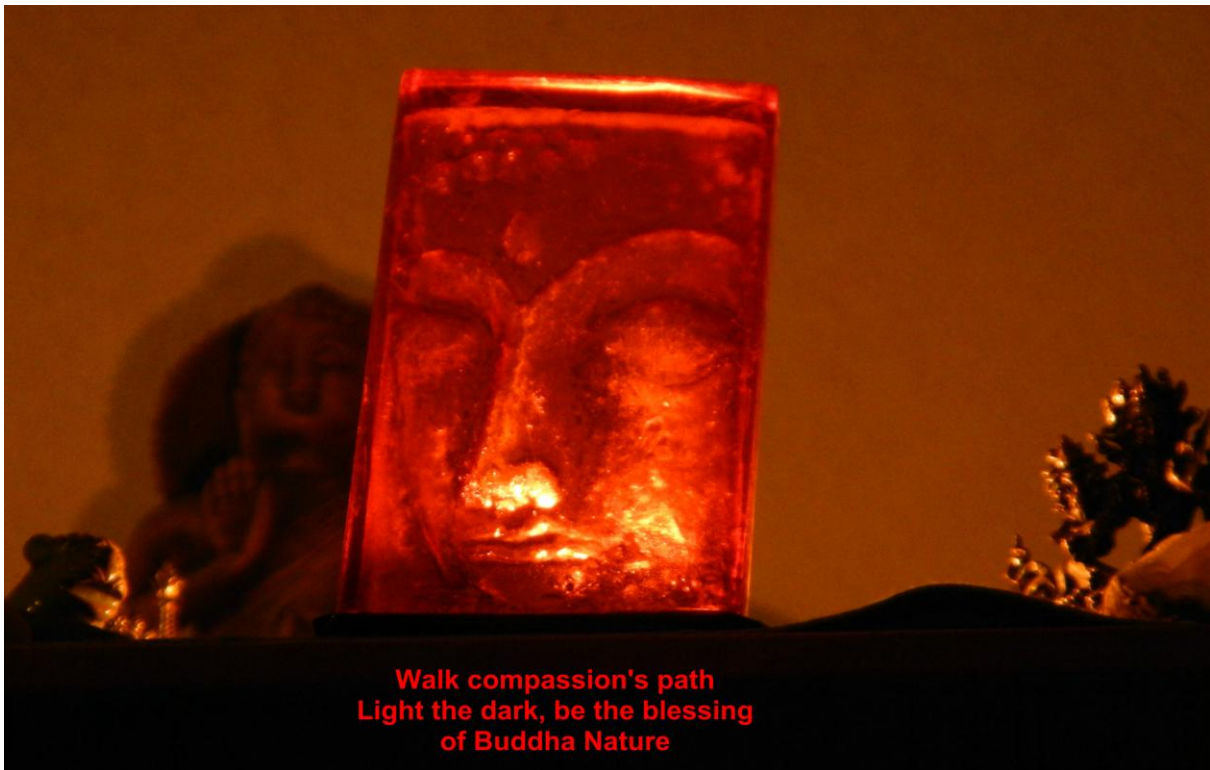


## Be the Blessing of Buddha Nature

Aloha Friend,

I created a new photo haiku with a photo of a Buddha face glass candle reflector I found recently. The poem comes from a realization that the point of Shakyamuni Buddha's teaching to rest in the moment, the present, here and now is meant to be taken literally. Being fully here and now means you dwell in primordial awareness, where life is, where the spring of Buddha nature flows, where the ocean of Buddha mind flows. Resting in mindful calm abiding in the moment, means you are a channel for Buddha nature to flow into the world - to liberate all sentient beings from suffering. Thus the line "be the blessing, of Buddha nature". It's so poignantly touching, we get so uptight about being with our fellow beings and how they are responding to us. Looking deeper, as a Buddhist on the path, it becomes clear that this fretting is wasted energy. We are here in this life to learn how to clear away these delusions and obscurations to realization of the true nature of mind and of our own true nature - our core Buddha nature. When the obscurations are cleared away, we become channels for the compassionate energy of Buddha nature to overflow into our world and liberate all beings from suffering. I am at peace, and derive deep bliss, from opening to the opportunity to be a hollow bamboo for the energy of Buddha mind to flow into the world. At its basis, it is just a simple expression of being yourself - your true self (which in fact is no self).

May your new journey bring you bliss, peace, and overflowing wellness dear friend.



**Walk compassion's path  
Light the dark, be the blessing  
of Buddha Nature**