

Dear Sangha Treasures,

Well, here we are in the midst of a Pandemic. How fortunate that our spiritual training is to relax into Not-Knowing. No one knows what will happen. Zen Master Dizang said, “Not knowing is most intimate.” We are living this truth right now.

The virus is just doing what a virus does: Spreading. Replicating. Infecting. Giving life and taking it away.

You know how to go through this: eat well, sleep enough, move your body, and stay connected to the people in your life. Do what is important to do to keep yourself mentally, emotionally, and physically healthy. Turn off your television and get your news only from the most reliable sources.

Let us become our own kind of virus. How about spreading the wisdom of connection by reaching out to family, friends, and neighbors? How about replicating kindness by being kinder to yourself? By being more caring to your loved ones? Through helping those in need around you? Who are you infecting with wholeness, health, and well being?

These days, physical distancing is an expression of caring and wisdom. However you are experiencing these Pandemic days, at this very moment, take a deep breath: inhale the whole universe—the virus, all you are experiencing, fear and sorrow, the wonder of it all—aahhhhh. Exhale the whole universe—the virus and all you are experiencing, fear and sorrow, the wonder of it all—oohhhhhh.

Tell me, right now, where are your hands? Your feet? Your breath? What are you seeing? Hearing? Touching?

Now, smile! Smile inwardly and outwardly. Remember: A smile has no boundary—it spreads joy, replicates kindness, and infects others with being seen just for who they are.

Throughout the day, look for the gifts that this Pandemic brings.

Buddha bows to Buddha,

Wendy Egyoku Nakao Roshi

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