

Zen to reveal the extraordinary Tao

Trevor Rufli



New Sarum Press
UNITED KINGDOM

Publisher's Note

This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is sold with the understanding that the publisher is not engaged in rendering psychological, financial, legal, or other professional services. If expert assistance or counseling is needed, the services of a competent professional should be sought.

For Sharon, Adam, Daniel and Jill

Copyright © 2023 Trevor Ruffli

Copyright © 2023 New Sarum Press

First published by New Sarum Press, August 2023

www.newsarumpress.com

ISBN 978-1-7397249-8-6

All Rights Reserved

Contents

<i>Introduction</i>	vii
<i>Acknowledgements</i>	xi
Chapter 1—Zen points to the extraordinary Tao ..	1
The impossible what	4
The impossible where.....	6
Chapter 2—Your head is full of <i>you</i>	9
Try this witnessing meditation exercise.....	10
Choose a distancing technique to do this.....	11
Try a further distancing method	11
Conscious awareness and self	12
Separateness and permanency	13
Our vulnerable self.....	15
Chapter 3—A startling discovery	17
The illusion	18
Why we can't see it	19
Illusion of separateness.....	20
What is self then?.....	24
Who we are really	24
Outrageous discovery	26
Chapter 4—The enlightenment quest.....	27
Dual consciousness.....	27
Non-dual consciousness	28

CONTENTS

The Eastern quest	29
Zen Buddhism.....	32
Satori.....	33
Minor satori.....	35
Chapter 5—The self that can't stop desiring.....	37
Desire.....	37
Identifying the process of desire.....	38
What happens when we satisfy a desire	39
The bucket and the banquet.....	43
Why can we not fill up?.....	45
The realisation of fulfilment.....	47
Applying the understanding	48
The Tao that desire cannot find.....	50
Chapter 6—The self that can't stop doing	51
Identifying doing	51
Doing is a dynamic of our restless self.....	53
The doing that keeps us away from the Tao ...	54
Applying the understanding	56
Chapter 7—The self that cannot know the present moment.....	59
The missing aspect of time.....	59
The present moment that self cannot know ...	62
The illusion of time passing.....	64
The eternal now	64
Now is the only moment	67
Experiencing deepening moments.....	69

CONTENTS

Chapter 8—The path to enlightenment.....	71
Zen and direct pointing.....	73
Bodhidharma	74
Chapter 9—The seeking that takes us away.....	77
Seeking in time	78
Seeking what we cannot know through knowledge.....	79
Seeking through ideas that always have opposites.....	83
Seeking to know a movement that cannot be contained in an idea	85
Seeking out and away from where it is to be found	86
Chapter 10—Seeking what we already have	88
The paradox that we already are enlightened.....	88
Unclean words.....	89
The rightful protest.....	90
The Tao is so close.....	91
Giving up seeking what you already have.....	92
Chapter 11—The Tao and our existence questions	94
Is there a God?	95
What about death?	97
The illusory fear of death	98
What about free will and predestination?	99
What is the meaning or purpose to our life? ..	101
The meaning and purpose we overlook.....	103

CONTENTS

What is going on?	105
Chapter 12—Walking with the Tao	108
The Tao and the suffering of self	109
Balanced seeking	111
The Tao shines on self	112
The I that is we	114
Chapter 13—Beware of false paths	117
Caution: adopting an enlightened outlook	118
Caution: acting like a spiritual person	118
Caution: forcing spontaneity	119
Caution: interfering with our thoughts	120
Caution: following the path of acceptance	120
Caution: practicing detachment	121
Caution: suppressing the self.....	122
Consider meditation.....	122
Chapter 14—Peace comes dropping slowly	125
How peace might come	126
Travelling light	127
<i>Endnotes and Citations</i>	130

