

To study the Buddha way

Peg Syverson

To study the Buddha way is to study the self

Look behind you
the path has disappeared
there is no way to return
before you, only mist and fog
a road? a bridge? a cliff?
below your feet
the rustle of golden leaves
that speak of fall
and chances lost
and spring still to come

To study the self is to forget the self

Boundless heart-mind is
what manifests
through this body as
acting,
speaking,
thinking, and
experiencing
when "I" steps out of the way.

To forget the self is to be actualized by myriad things

Tender shiver
of a monarch's wing
an eyelash of your sleeping child
these words
unshakeable dharma gate
unbreakable
path