

*Life's koan*  
*A Sesshin On Wisdom*  
*July 2004*

*koans are about Wisdom, the truths underneath our common way of  
looking at the world*

*koans ask us to see the world freshly, not through our usual biases,  
habits and inclinations.*

*koans are revolutionary; they demand that we look deeper beyond our  
ordinary experience.*

*koans are questions which draw you into a profound experience of the  
Great Mystery.*

*koans are questions which help bring the mind to one pointed  
concentration.*

*koans point your attention to the place of 'not knowing'.*

*koans may be questions such as: "Who am I?" "What is real?" "What  
happens when I die?"*

*koans may be subtle such as: "Listen to the sound of one hand." "What  
is MU?!"*

*koans require you to quiet the thinking mind and open all your senses -  
to feel deeply.*

*koans ask that you inquire/feel/probe without words right at the point  
of not knowing.*

*Answering a fundamental koan deeply leads to letting go of the three  
poisons of life.*

*Just as you are you have all that is needed to answer the fundamental  
koan of your life.*

