

This week we will be discussing the topic of Emptiness. Please prepare with this koan:

A student came to the teacher and said,

“When I sit, my mind is full.
When will I experience emptiness?”

The teacher replied,
“Sit and notice what is aware of the fullness.”

The student sat for a long time.

Later they returned and said,
“Thoughts keep arising.”

The teacher asked,
“And what is it that never arrives,
yet never leaves?”

How to work with it in meditation:

- Don't try to *answer* the koan mentally.
- Let the question settle into the body and breath.
- When thoughts appear, don't push them away—notice what knows them.
- Rest as that noticing, without naming it.

Emptiness is not something to find.
It is what allows everything to appear.

Thoughts, sensations, and feelings come and go on their own.
Nothing needs to be removed.

Notice what is gently present before a thought arises
and after it fades.

Rest there—
not as an observer of experience,
but as the openness in which experience happens.