

## Way of Beauty

*Apparently I've become fluent in three languages—the languages of zen, God and science. This is a report on what life has taught me thus far, along with some suggestions. Only experience gives these opinions any authority—**feel free to ignore them!** You can test the words in your own life.*

### *I find that:*

There is no deep conflict of zen, God and science, or of these and the deepest longings of the heart.

**Here is what is good—to sit down and sit up together with anyone and everyone,** friend and foe alike. Experience strongly commends the practice of meditation, or more simply “**zazen**”—just-sitting, upright and still, alone and with others, regularly.

Zazen affirms these five precepts:

**Don't kill, steal or lie, and don't misuse sexuality and intoxicants.**

To wake up and see beauty it helps to study and test these precepts and their positive complements. Sometimes, rarely, one violates a precept in order to do the right thing. Powerful forms and energies are like dragons, helpful friends when approached with care and skill. In general, treat others as you would be treated, without causing harm or offense.

Some people, including me, relate to the Universe as a Being. This is an instinct, not a virtue. No zen or science will erase the instinct for those that have it strongly, and one can pursue the instinct without fear that zen or science forbid it. One can turn to God for no other reason than that one finds it beautiful to do so, allowing that harming others in the name of God is ugly.

This is a prayer: May we feel safe, cared-for and responsible—safe enough for our temperaments, cared-for enough to sweeten life, and responsible enough to give us kind purpose. No one can give these gifts, but they are available.

It helps to study all knowledge, arts, *and one's own behavior*. Study how brains are built. How does the perpetual fact of frontiers shape life's unfolding? Is there self-developing text?

I am a shipboard drunkard, weak, vulnerable, able to stand upright only with aid and practice; but I can spot a reef and see a path through it. Even a fallible derelict can work to prevent avoidable catastrophe and needless suffering. Behold the healed physician, teacher of the self-teaching! If you doubt there's a path of beauty open to you and everyone, then I lament your despair.

Other people's responsibilities are not my business. I will happily sit upright and still with you. Will you please pray for me? Do you have any question? Please use care not to waste this day, or this life.