

CENTRE DURCKHEIM
A Path step by step
Encouragement for daily practice

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All is part of your Way

Mirmande, during an interview with Jacques Castermane:

« - Jacques, do you feel I am sufficiently engaged on the Way? Am I practicing well enough, thoroughly enough to progress and ensure the right transmission of your teaching?

(Underlying this: am I ready? Am I doing enough?)

- Joël, you need to abandon the idea of being ready; we are never ready.

By wanting to do things too much or to provoke your destiny, you are not leaving enough space for what needs to be done. All is part of your Way”.

These words resurfaced after reading the April newsletter written by Jacques Castermane (The relationship to the master), and reveal that the answers given by the master do not belong to ordinary logic, to the voluntary mindset driven by acquisition and success.

To my worries about not performing sufficiently, to my need for reassurance – proof that the mind is still present even after years of practice – the answer invites me to position myself at another level of presence and attention.

True confidence has nothing to do with a fleeting feeling of perfection or existential success but is nourished by this connection to “*what comes alive*” or “*the undoable*”, the timeless and universal substrate of our existence.

Through this connection, the human being is no longer subjected to the ups and downs of existence or to mental impulses but becomes conscious once again of being carried and animated by a greater Breath of Life.

Jacques reminds us that the Way does not consist in building a serene and mastered future according to personal criteria of success, but rather of a constant questioning of beliefs and ideals, which prevents us from “*leaving enough space for things to happen*”.

The Way is not a path to follow, but a path to trace, through the full and complete acceptance of our existence and of the Person; singular and unique.

Opening oneself to “*what comes alive*” or “*the undoable*” means acknowledging the universal dimension of our life; accepting that “all is part of our path” means admitting and assuming that our existence is unique.

Regarding the way of transformation that is Zen, Durckheim speaks of a “*process of freeing the creative individuality*”.

“*All is part of your Way*” is an invitation to abandon the good student syndrome, the efficient and high-performing student who dreams of attaining a “good” level of wisdom or calm according to personal, moral or societal criteria.

It is also an invitation to stop differentiating the moments that we consider profane from those we call spiritual. The entirety of our existence and of our person is included in what we call the WAY.

The extraordinary hides within the ordinary, the undoable is hidden at the heart of all our daily activities, and if we rediscover how to see and feel *“this Other deep within, that I name our essential being...”*

To find a life that unfolds on the earthly plane without losing the golden thread that links it to our essential being, to bear witness in this world to this being and its influence, is to recreate Man as he is in his fullness. The path of transformation is a path without an end, a path opposed to all the principles cherished by the existential ego, which resists transformation by remaining attached to all that is static, durable, established, fixed or seemingly solidly acquired.”

K. G. Durckheim – Experience of Transcendence

“What comes alive” or “The undoable”?

At every moment, whatever our activity may be, we are engaged in an existential activity of greater or lesser importance, utility, or urgency, with expectations in terms of results, accompanied by a multitude of thoughts and projections: countless desires, fears and refusals.

In general, these are the aspects that retain our attention.

But am I attentive to what allows and supports this activity: to what does not belong to “what I must do”, but to the simple, to what is already present and awaiting us?

Right now, I breathe in, I breathe out... and I inhabit a certain form and corporal stance... I am sitting, standing, walking, lying down... Actions to which we rarely pay attention named “the dignified attitudes” in Zen. Considered sacred, these actions possess the power to reconnect us to what is accomplished beyond our will and ordinary consciousness.

As an approach to reality through sensation, these actions invite us to rediscover pre-mental Life, more sensible, vaster: the intentions of the living body or the *“intentions of the being”*.

The possibility of a truer rhythm, form and stance; of a more natural breathing, of a unified, soothed and living gesture: such are the intentions and propositions of Life at every instant.

In all our existential activities, let us remain in contact with the “undoable”, let us allow a more dignified gesture to emerge - dignified because it respects the Great Life that animates us, that breathes us.

Far from all imposed postures, a lively gesture is created, evolving and transforming itself from moment to moment. Being attentive to these undoable vital actions lies at the heart of Zen.

“We do not practice Zen to master our life, but to unite ourselves with Life”

K.G. Durckheim

Joël PAUL

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