

Basic Goodness

Excerpt from Great Eastern Sun: The Wisdom of Shambhala, Chogyam Trungpa --
<http://www.shambhala.org/teachers/vctr/ges.html>

"Everything comes from that basic sense of being and wholesomeness. You are one piece rather than disjointed. This is a very ordinary experience, which happens to people all the time, but they don't regard it as a good message. They just think, 'Oh, forget it.' According to the Buddhist teachings, people always have that flash of buddhanature in them, always, but they don't acknowledge it. This is the same thing."

Find it interesting that Zen and I both zeroed in on this essay by Chogyam Trungpa. I liked the quote above for the reminder about all the seemingly small and ordinary things we tend to overlook. The "one bright pearl" can mean the universe in a grain of sand, but it can also mean sand in a grain of sand -- things can be small and yet still profoundly wonderful.