



David M. Valadez
Senshin Center
Dojocho

Muddy Water
by **David M. Valadez**

Deshi: Sometimes it feels like awareness and delusion are like a rock and a shallow muddy pool of water. The rock drops, disperses the muddy water and we can see the bottom of the pool. But then, very quickly, the muddy water re-envelops the rock and the surface of the pool again covers the bottom. We gain some awareness, but then very quickly we return to a state of delusion - a state from which even our initial awareness comes to be saturated with the original delusion. In the end, we lose and misunderstand our chance at awareness.

Sensei: This is aptly put.

Deshi: What is it that keeps the rock uncovered? What stops the muddy pool from going back to its original state?

Sensei: Training, and the virtues we cultivate through training.

Deshi: What are those?

Sensei: Humility, Honesty, Integrity, Fearlessness, Discipline, Wisdom, and Compassion.

Deshi: These keep the muddy waters under our control – allowing us to force them out of the way, and prevent them from coming back to cover the bottom?

Sensei: These purify the water so that you can always see the bottom.