

Transiency

Shunryu Suzuki

The basic teaching of Buddhism is the teaching of transiency, or change. That everything changes is the basic truth for each existence. No one can deny this truth... Wherever we go this teaching is true. This teaching is also understood as the teaching of selflessness. Because each existence is in constant change, there is no abiding self. In fact, the self-nature of each existence is nothing but change itself, the self-nature of all existence. There is no special, separate self-nature for each existence...

Without accepting the fact that everything changes, we cannot find perfect composure. But unfortunately, although it is true, it is difficult for us to accept it. Because we do not accept the truth of transiency, we suffer. So the cause of suffering is our non-acceptance of this truth... But whether we feel good or bad about it, this truth exists...

Without realizing how to accept this truth you cannot live in this world. Even though you try to escape from it, your effort will be in vain. If you think there is some other way to accept the eternal truth that everything changes, that is your delusion. This is the basic teaching of how to live in this world. Whatever you may feel about it, you have to accept it. You have to make this kind of effort.

Actually, if you become honest enough, or straightforward enough, it is not so difficult to accept this truth. You can change your way of thinking a little bit. It is difficult, but this difficulty will not always be the same. Sometimes it will be difficult, and sometimes it will not be so difficult. If you are suffering, you will have some pleasure in the teaching that everything changes. When you are in trouble, it is quite easy to accept the teaching. So why not accept it at other times? It is the same thing.

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