

The Four Floods, Bahiya, and the Self Illuminated

Bhikkhus, there are these four floods. What four? The flood of sensuality [**sensory data, both pleasant and unpleasant**], the flood of existence [**time and identity; Who was I, am I, will I become**], the flood of views [**categorical statements, I believe..., abstractions**], the flood of ignorance [**encourages separateness; does not see interdependency; undermines direct investigation of experience**]. These are the four floods. This Noble Eightfold Path is to be developed for direct knowledge of these four floods, for the full understanding of them, for their utter destruction, for their abandoning. (SN V.45.171)

When in the seen will be only what is seen, in the heard only what is heard, in the sensed only what is sensed, in the known only what is known, you will not be by that; when you are not by that, you will not be therein; when you are not therein, you will be neither here, nor there, nor in between. This is the end of *dukkha*. (Ud. 1.10)

To carry the self forward and illuminate myriad things is delusion.

That myriad things come forth and illuminate the self is awakening.

(Dogen: Actualizing the Fundamental Point)

Pay attention.

Meet what arises.

Include it all.