
January , 2005

Dear Dharma Cousins,

Thank you Sara Gordon. Thank you Lee Klinger Lesser. Thank you Robert Smith. Thank you Bruno Kirchgraber. Thank you Robin Brandes, Bill Littlewood, Mary Alice Roche and all the members of Charlotte Selver's dharma family who worked directly or indirectly on *Every Moment is a Moment*.

Nothing is written on the page

but the page is waiting.

Portrait of a Zen Moment

A split moment of spontaneous joy before striker meets gong.

A split moment of surprise when the two become one.

Ripples from the fluttering wings of

a startled butterfly

travel fifteen billion years

to the Big Bang

and back

in less than a moment.

Silence cancels sound.

Heart skips a beat.

Breath hesitates.

Myriad moments bursting out of emptiness...

this one....

this one....

this one....

And thanks to the hundreds of "students" from all over the world who attended Selver-roshi's workshops. Without your active participation in the mutual mentoring process your "teacher's" unique synthesis of Sensory Awareness, Western psychology, Zen Buddhism and Taoism could never have made such a deep and lasting contribution to the expansion of our evolving human/cosmic consciousness.

Each brief but powerful teisho in this elegant collection gives readers a galvanizing glimpse into the heart of a fully realized moment--one that is lived lightly but passionately. The vibrating threads of this sensory awareness sutra draw us deep into the realms of reality where there is no gap between organic matter and spiritual energy.

Every illuminating lesson in Charlotte's meditation journal reminds us to participate as fully as possible in the particular tasks presented by each moment of our everyday lives. Every teisho helps us appreciate our painful as well as our rewarding moments. Whenever a moment passes away satisfied that its mission has been accomplished, we take a quantum leap closer to realizing the ultimate request of our current existence: embrace this moment when it arrives and let it go when it departs. This moment is your greatest teacher.

with palms together,

an old friend of Charlotte Selver

an old "student" of Shunryu Suzuki