

Bring you mind home

By Cheng Chen-huang

Home is a place for real relaxation, comfort, happiness, love, and peace. After a day's work, we go home to take rest. After a night's rest, we go out to work to serve other. Where is our home? Body, house, family, society, country, earth, the whole universe, fame, money, identity, etc. are our home but temporary and limited in terms of time and space. They can give us temporary rest and happiness, but not eternal. Therefore, they are not the real and eternal home. Our real home is our Buddha nature, or nature of mind, which can give us eternal peace and happiness. How to bring your mind home? There is a true way -- meditation.