

Tragedy&Fate – Truth&Reality – Illusion&True Nature

What do we humans want?

It is true and perhaps the tragedy of humanity that, in our lives, each one of us must deal with conflicts as a daily struggle. We tend to over and over again lose ourselves in conflicts, that are in reality all inner conflicts. Conflicts in and of our mind. In severe conflicts we lose ourselves, literally, we forget who we are, what we are and where we come from. That is our burden.

We forget that in all our differences we are One, that we are rooted in the same divine soil, the endless dimension with no differences, no exclusion of anyone or something. It is the (unborn) space where all humans are equal, there is nothing outside this space. That is our salvation and redemption.

Luke calls it the Kingdom God in us, the Kingdom that is the Light and Force of Creation. This divine force has in various cultures gotten various names: God, Allah, Buddha Nature, the Nameless.

It is the source of life and death, it brings forth all there is, carries all of us and everything and in all the diversity we can distinct it is the ultimate binding force in which we are truly ONE. We can experience this force first hand and we can live by that experience in becoming servants to that Creation. We can not only experience this unity, but, in fact, we ARE the living manifestation of this universal, spiritual Force of Creation.

Our mind is a gift and an instrument of this force. It is capable of thoughts, images, concepts, emotions and feelings and can make distinctions. Saint August called the capacities of thought, the will and memory the Holy Trinity, with good reason. They are foundation for the mind. And with good reason the Buddha called his teaching 'teaching of mind'. We humans have a choice: to believe that we own our own mind or, that the mind is a gift to us to serve Creation.

Believing that it is our own mind, a kind of possession, can lead to become obsessed by its constant changing content and that this is what defines us as an individual, as a human person. We grasp and follow slavishly all that comes to mind and hold onto to it. It is this what leads to division, to hate, greed and violence in one way or another. This what makes us a prisoner of the so called 'wheel of cause and effect', of division, and of preference and aversion. The combination of all, this constantly spinning in our mind, is what leads to a clouded mind. It creates all kinds of perceptions: a past, a present and a future, a distance between us and the world, that all phenomenon are true and real, the thought that we as an individual are an island and the conviction that we can and must control the world.

In reality we live this only singular moment. This moment is an eternal Light in which all that ever happened in evolution appeared and vanished. Zenteachers tend to say: all that is of form and name does not last. Not even for a moment. This is reality. Yes, our lives are real but all that appears appear in our minds. They are thoughts. When we grasp and hold onto to living beings, things and concepts we create an illusionary world, in which we confuse thoughts with reality. Especially when we give everything a name and believe that living beings and things are how we name them. But a tree is not a four letter word, nor is a human a five letter word. What we, through centuries, have given names are merely manifestations of Light, they all are part of one gigantic mystery, they all come and go in this Light that is our true nature. We cover this true nature up with our intellect and emotions and by that we believe we are true masters of our own universe. But holding on to names, concepts and judgment only fills, narrows and clouds our mind and the true nature of that mind! Grasping and holding on these names and concepts makes us believe who we are and what this life and the world is all about, and with that we live an illusion.

Our existence, reality itself, our true nature is not an illusion, but it becomes one when we narrow and cloud our mind. Is there a way out? Yes, and it right under our nose for we ARE manifestation of this Light, each one of us, no matter the color of our skin, social status, intellect, etc. If we succeed - for a moment - in emptying our mind, we allow the totality and reality of Creation to emerge in front of us and 'take us in'. We become – again - part of what we truly are. These are huge moments of intense experience, invaluable and at the same time ordinary moments in which we instantly remember our roots and our true nature.

That is what religions are invented for – to remember who we really are, not as an inhabitant of this or that country and this or that culture, but as a ‘representative’ of a universal, devine nature. That is what is meant by ‘created in the image of God’. We are NOT God but we all are reflections and an image of devine Light. And remember, God, Buddhanature or Allah are names for a mystery. Do not grasp for these names, do not build a sacred house of it, do not exclude others in the name of it, do not prosecute others in its name. Doing that is acting from a No one is owner of this mystery, this Light. No one knows its intentions, except clouded mind. that all of its creation is manifestation of the same Light and is ONE.

Be aware of that, experience it, live by it.

Sensei Ben Hui-Chao