

Lama Surya Das

Week Four, *Inter-Meditation: How to Co-Meditate with Everyone and Everything*

June 22, 2015

“The Selfless Self”

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There's an Indian song, meaning an ancient song from the *Vedas*, which is the source of Hinduism. In English it says—this is a rough translation—“I am a bubble. Make me the sea. Lord, I am a bubble. Help us be free.” It may sound a little trite to us overeducated members of the upper middle path here in America. But if you want more depth, just read the *Vedas* or Hindu philosophy. You won't be disappointed.

But this reminds me of how we deal with co-meditating into meditating with the bigger picture, the biggest picture, with the infinite, with the beyond. Beyond ourselves, transcendent over any of us, yet imminent or inherent in each of us and all of us. Some people say they're afraid of death, of oblivion, of meaninglessness, or feel just like a little cog in the wheel. There is another way of looking at this, however, which I offer for co-meditating on the infinite.

Perhaps it's an honor to be an intrinsic part, a cog in the wheel. The macrocosm, the infinite, is in the microcosm. The infinite is in every finite bit. As the poet Blake sang, “To see a world in a grain of sand and heaven in a wild flower, hold infinity in the palm of your hand, and eternity in this hour.” There is a timeless time, a timeless moment and it's right here, beyond the linear time of past, present, and future sequential linear time. Life running out like a hourglass or a cycling, bigger cycle of things. We are dwarfed or in awe of the infinite, of the hugeness, of the mystery of the light years and the trichiliocosm, the infinite cosmos of hundreds of millions and billions of years, just that we know about, that science tells us about.

And yet, a life can seem so large, so deep, so rich. Even an hour, a moment can be infinite as we've all experienced, I'm sure, in one time or another. So let's not overlook that. And this is how we can co-meditate with our fears of the infinite. “I am a bubble. Lord, make me the sea. Help us be free from the illusion of separateness.” The bubble is part of the sea. Even now, it is nothing but seawater outside and in. We are nothing but the divine, the spirit, outside and in.

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That’s the secret. That’s the mystery. Our intellect, our conceptual mind, is not equipped to penetrate this larger mystery, this awe-inspiring, sacred mystery of being. My own head is not the best neighborhood for me to live in and I’ve learned that. And I’ve been learning how to make the journey from the head to the heart and throughout the whole body, and earth and beyond, and live in tune, in flow with unity vision and one with all.

This is love. This is big love, beyond the dichotomies and polarities of liking and disliking, of lower forms of discrimination. This is the great inter-meditation that brings us mutual tolerance so needed in our violent world, where even religion, which is supposed to be what brings us together, which is a unifying force, has become a divisive force and the cause of all kinds of murder, terrorism, and violence on our beleaguered planet.

This is how we can learn to disarm our heart. To see ourselves in others and that they want and need the same as we do for their people and their loved ones and their land and their family and their security and their safety and their freedom and their culture and way of life. To see ourselves in others and others in us, then whom would we harm? Whom would we exploit? Whom would we enslave? Whom would we oppress? The right hand doesn’t harm the left hand. So standing in the other’s shoes, breathing out and breathing in, through practices we’ve talked about during this retreat. Eye gazing, mutual reciprocity, resonating with others, and empathizing can help us a great deal to heal this ill world.

“Even just to save one soul is to save a world,” as it says in the Jewish wisdom scripture, the *Talmud*. I myself pray and aspire every day to be like the bodhisattva of children who lifts all the children up in her maroon robe, her flowing robes. I want to be like that bodhisattva lifting all up in my flowing lama robes, and lifting us all up together.

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Occupying spirituality, friends, not leaving it to the 1 percent. We are the 99.5 percent. Not leaving it to the Dalai Lama’s and Mother Teresa’s and the wonderful current pope Francis, but occupying spirituality ourselves and being authentic and real about it. No bullshit.

This is the way of the heart, the way of the soul, the way of the dharma as we call it in Sanskrit. The truth, love, that which heals as one meaning gives it. Heals the rift, heals the gap between us and them, between self and other, helps us see through the illusions of solidity, of separateness. In this vision, in this bigger view, everything is workable. We don’t have to be afraid of just being meaningless or bored or a cog in the wheel. We can honor our intrinsic part in the bigger machinery of being of which we are a part, which we are gifted to be a part of together and recognize our mutual interdependence.

Let’s join the revolution. Let’s go from I to we, from selfishness to inclusivity, to unity vision, to oneness. To sharing and generosity. The dharma also means that which upholds us, like the good earth. Let’s recognize that, without our home the earth, human life is not sustainable. It’s part of spiritual life to recognize our interconnectedness with all the elements, to co-meditate with all the elements, the natural elements, and save this earth and the water and air and all the creatures on it together.

Recognizing this interdependence and interconnectedness naturally helps us feel empathic compassion and caring for others, as if our own. This is what I call the diamond rule, treating others even better than we treat ourselves. We treat ourselves crudely so much of the time. So let us contemplate the vastness, the mystery, through co-meditating with the sky, the natural element of sky, of space, of wind, of space, of sky. With eyes open, ears open, everything open a little, raise your gaze, not looking upward at your *ajna chakra* on top of your head, but just eyes open and everything opened. De-contracted, sky gazing, not staring holes in the sky. Not looking for anything or counting the clouds or seeing faces in the clouds. Sky gazing, decontracting,

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releasing the tight sphincter of our bubble-like conceptual mind and intellect, and just intuiting directly. Moving from the linear left brain to the intuitive holistic right brain, the gestalt right brain, all of a sudden. Sky gazing, space mingling, infinite dissolving, like the bubble in the sea. Ah. Seeing is believing and believing is seeing, at the same time freeing. Seeing, through ourselves, our separateness is Buddha as being Buddha friends right now. That’s the secret. Infinite clarity and awareness inseparable. The bigger sphere, the bigger picture, the ultimate stance, *ma mudra*, the innate great perfection. The Supreme self with a capital S, the selfless self, the divine. Dharma large, life large, as we can live it. Inseparable from all and everything, where even our work on the web becomes like webitations. Our gardening is like kneeling in the sacred cathedral in the light of the sun, the sun god. Where even washing dishes in the sunlight of awareness is our way of enlightenment, of sacred living. Contributing immeasurably to the benefit of one and all, all generations, all beings, human and otherwise, now and later. This is the great inter-meditation, inter being. Sky gazing, becoming more empty of self. Space mingling, spacious and clear. Infinite dissolving resolved in the boundless and groundless. Just being this – beyond concepts such as self and other or us and them or now and later. The timeless time, the indelible, radiant, joyous moment of now. This very land, the most pure and holy land. This very body, like the pure and holy body of a Buddha. Transparent, translucent, dreamlike, recognizing everything is subjective. Transreal Essence, interpenetrating into woven transreal essence. Luminous awakefulness awakening now. *Imaho* together, yes.

May all obstacles and hindrance be removed. May all our sterling aspirations and prayers and affirmations be fulfilled. May we all together enjoy the natural great perfection of luminous being. Joy to the world. Thank you all and good night.

So now we’ve completed our month online retreat on the subject of making me one with everything and seeing through separateness. And the workbook for that is my book, which of course you could find anywhere. You know where to find books. You can also follow me on Facebook, Lama Surya Das. On Twitter @LamaSuryaDas and at my websites www.Surya.org.

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