

Blend the Mind

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Seeker: I went ahead and ordered your book from *Amazon.com*. I am glad I did because it is music to my ears.

Chapter 2, under "The Path of Experience," described exactly what the *kriya yoga* meditation technique has revealed to me and I clearly see why these *samadhi* states do not bring about permanent bliss. These are all time-based experiences, and when *samadhi* ends so does the bliss as I enter back into the *samsaric* realm. Experiences come and experiences go; there is no experience derived by or from an object that does not end.

Lahiri Mahasaya, who is known as the polestar of *kriya yoga*, advised those he initiated to practice the *pranayama* of *kriya* and to read the *Bhagavad Gita* daily. Without the scriptures and knowledge of the self, one does not get the complete practice.

Tibetan Buddhism also realizes non-dual awareness. I was reading Khenchen Konchog Gyaltshen's commentary on Milarepa's *Song of Realization* and found truth within these words:

"The mind is like an ocean. All the mental activities like ocean waves. Ocean waves arise from the water and dissolve back into it. When a wave manifests, we can point to it and say it is a wave. But the WAVE IS OF THE SAME WATER, so WE CANNOT TRULY SEPARATE THEM. Big waves, small waves, yet the water is unchanged. They may temporarily appear to be separate, but upon examination they are actually seen to be of a single nature."

Joy abounds within as I exclaim, "Yes, exactly, the waves and the ocean are ONE. All IS ONE. Reality is non-dual. I AM OF THE SAME REALITY. Duality is an illusion (*maya*). I AM AWARENESS.

Here is a quote from one of Tibet's great masters that I have reflected upon many times; it also has aided me:

"Know the state of pure and total presence to be a vast expanse, without center or border, it is everywhere the same without acceptance or rejection. Blend the nature of mind and its habit patterns into non-duality." ~ Longchenpa

James: Yes, the experience/knowledge issue needs to be resolved or freedom will not ensue insofar as liberation is freedom from experience itself. Thanks for the Buddhist quotes. Spiritual statements exhorting action should always be looked at in terms of the knowledge/experience issue, for example, the last quote by Longchenpa. He says, "Blend the nature of mind and its habit patterns into non-duality." Obviously, the meaning of this statement hinges on the meaning of the word "blend." Does it mean that the mind should disappear into "non-duality," that it should cease to exist? This is a very common belief in the spiritual world, the idea being that there is some kind of conflict between the mind and "non-duality." Let's assume that "non-duality" means the self since only the self is non-dual. If it does,

then the “blending” will unblend sooner or later insofar as it is the result of an action. Or does it mean “understand the relationship between the mind and the self”? If this relationship is understood, then there is nothing to blend, for example, a golden ring: What is the relationship between gold and a ring, gold symbolizing non-duality and the ring symbolizing the mind. Is there something to be blended? No. Why? Because the ring and the gold are non-dual, meaning there is no contradiction between them. Similarly, there is no contradiction between the self and the mind. The mind is already the self. It is consciousness – you (gold) – moving. It is dependent on you, like the ring is dependent on the gold, but this is not a problem, because you – consciousness (gold) – are always free of the mind (ring). So there is not something to be done.

There is something to be understood. Yes, understanding may take effort but the result of inquiry is knowledge and knowledge is always good, so there is no need to “reblend” the mind into the self, as there is if the blending is experiential, i.e. the result of an action.

~ Love, James