

Identification

The problem of Identification is the crux of Shakyamuni's enlightenment. In brief (please refer to my books on "Buddhism Reference" for deeper dives into terms of Buddhism), the cause of anxieties and stresses, also termed "suffering", is our mental clinging to the past and our projected future as the source or objective of our craving. All this craving and clinging revolves around an idea of self that is constructed, in the mind, as a collection of "is" and "is not". In other words, we create an idea of self via our possessions and or lack of. For an analogy, let us consider the making of a film. The creation of a film is a process of capturing moments in a snapshot, and lining them up one after another to represent the passage of time and to show the changes over time from one snapshot to the next. Meanwhile, we accrue a huge amount of snapshots to "store" all of these moments for the opportunity to "replay" them again and again. In this way, we own each moment, and we can rearrange or edit them at will, for revisions of our film for replay. The film reflects our sensibilities, talents, story-telling, some aspects of our self. We "see" ourselves in the films. The more films we create, the more "real" and indelible our "self" becomes. We build warehouses of these snapshots over time as further complexity and elaboration on our identity of this constantly revising self. Some of these snapshots and films fade over time and even begin to represent aspects and identifications we no longer agree with or even ideas we wish to get rid of. We become managers of our warehouse of identification, of things, of situations, relationships, possessions, and self. This becomes quickly a full-time activity that produces stress, anxiety, confrontations, etc... The truth of the matter though, is that this is not how life happens. Real life has no snapshots. The snapshots are constructions of the mind.

Our sentient mind is capable of experience without the need or requirements of snapshots. Life occurs in moments. From moment to moment, life is a contiguous process of instantiations from a sphere of **potential**, producing and influenced in a two way interaction between potential and instantiation. The Cosmos is a vast collection, in each instance, of instantiations (discrete and singular moments) from the potential of **Quiescent Energy** (See the book, *Buddhism Reference*, description of **moment**). Each planet, asteroid or sun, star, and moon is a subset of that potential, formed into an expression of form. That "form" being a momentary instantiation of tendencies and conditions that is again influenced into an new instantiation via its environs etc.). A human being, tree, liver, or animal is no different. Each is instantiated in momentum, no thing is static, no thing exists in and of its-self. Every thing is in flux, in process, instantiating from its potential from moment-to-moment, never static, never a snapshot. A transience of expression. With this understanding, one can experience life fully engaged in its process, and free of craving or clinging, which at this point, seems irrelevant. In the moment, is where and when everything happens authentically. To live authentically is the goal of Buddhism. Whether it is called awakening, enlightenment, or Buddha, the dignity and authentic experience of life is free from warehouses and self identification. The "identity" is in the "Being", not the *has been* or *is going to be*. To Shakyamuni, this is

the priori Law or Maxim of the Universe, and all phenomena are derived from it. Although this perception must by its nature be part and parcel of the entire cosmos from its inception throughout unforeseeable time, it is not experienced anywhere or any time other than in the Sentient Mind of we mundane mortals. To be born (manifest) as human, is then a precious and rare opportunity to witness and immerse ourselves into this momentum of life. To assist others to come to this realization then becomes the highest expression of a life well lived, the framework of Bodhisattva.