

IMAGINE

Imagine there's no heaven

It's easy if you try

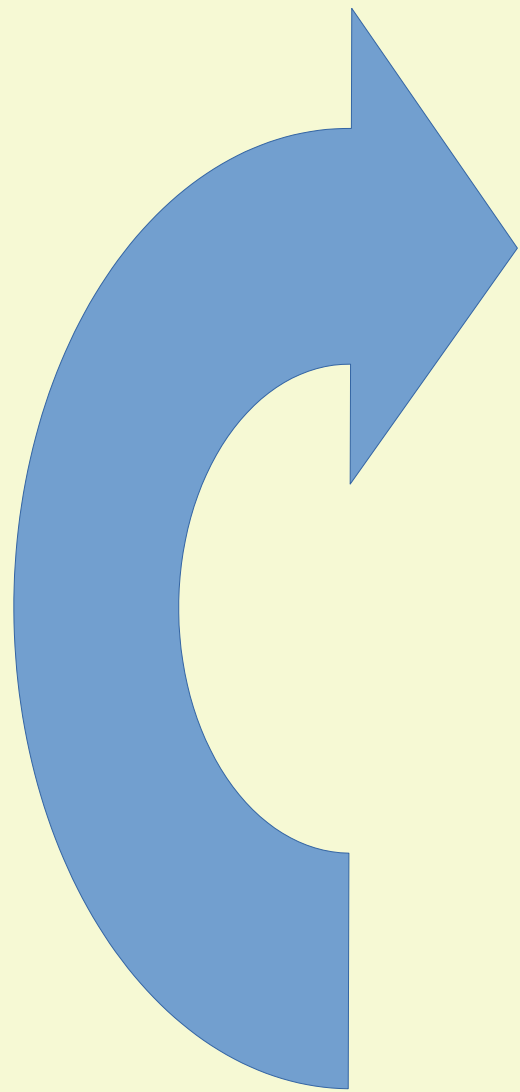
No hell below us

Above us only sky

Imagine all the people

Living for today

John Lennon



Quiescence
Potential
Phase Changes
Formations
Instantiations
Decay
Dissolution
Quiescence



We think linearly in this Samsara

- From Quiescence to Phase changes (energies expressing tendencies), then Formations into Forms instantiating (into amalgams of tendencies and conditions) and enduring as they Decay and finally dissolve to return into Quiescence.

What Shakyamuni realized is that the Quiescence never disappears

- Quiescence is always present as it is within the very structures we “Identify” as separate and unique.
- This mechanism of identification is what creates for us the illusion of ownership and identity.
- Because this is really a momentary and ephemeral process, we strive and crave to hang onto what we identify as the very definition of our being.

To witness this drama of energies
instantiating and dissolving without
identification is to “Be” without the
vicissitudes and entanglements of
attachment.

This is the experience of
Quiescence in the Buddha-mind.

How does this awakened mind affect our daily life?

- 1) That the illusions of self and identity, constructed of craving, are constructs of a deluded imagination and end with the death of this body (no eternal soul or self etc).
- 2) The “body” of all things is a temporary apparatus for the perception of the process.
- 3) Our minds are an emergent property of that bodily apparatus providing for us a unique opportunity to observe the very process from which all phenomena are temporarily formed or instantiated in a process that is ultimately temporary itself.
- 4) That this opportunity is as precious as it is fleeting, and not to be wasted on distractions.
- 5) The more we can awaken those other sentient minds around us, the larger our consciousness of awakening can nurture amazement and equanimity in our moment-to-moment existence.

IMAGINE

Imagine all the people

Living for today

Imagine there's no countries

It isn't hard to do

Nothing to kill or die for

And no religion too

Imagine all the people

Living life in peace

John Lennon