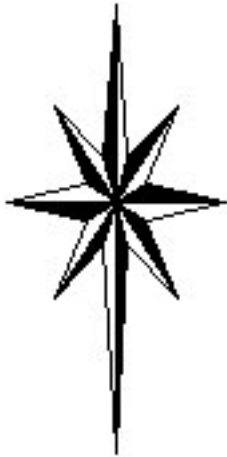
 <i>Ausculta</i>	White Robed Monks of St. Benedict	<i>Volume 14, Issue 1</i>
	<h1>Network News</h1>	<i>December 25, 2010</i>
		<i>Nondual: things remain distinct while not being separate.</i>

Abbot's Notes

Christmas Letter



Peace I leave with you;
my peace I give you.
(John 14:27)

May the Peace
of the Christmas Season
be with you and yours
now and forevermore!

CHRISTMAS EVE MASS

Please - your family and friends -
join with us to celebrate as Family
Christmas Eve 2010

San Francisco Presidio Main Post Chapel
130 Fisher Loop
San Francisco CA 94129-1194

7:00 PM Christmas Carols and Meditation

7:30 PM Christmas Eve Mass

8:15 PM - 9:30 PM Dessert Pot Luck

for some festive fellowship and good cheer.

(We'll have utensils, plates, napkins, coffee, tea, hot apple cider & coco.

You bring ... <Ah! The surprises in life!>

Please let us know if you are planning on attending via **EVITE.COM**
Easy link to Evite: www.wrmosb.org/xmas
*(We'd like an approximate count
so we have enough coffee, tea, cider, etc. Thank you.)*

May many blessings of Peace and Joy
Be to you and yours
Now and forevermore.

Peace be with you and
Merry Christmas to you and yours.

Who is the Jesus whose birthday we are celebrating? He was born probably 2016 +/- years ago. Scholars have been discussing the true date/year for centuries.

2000 years is surely enough time to cloud anyone's history and identity. We can safely say that the Christianity we know today in its many forms has very little to do with Jesus' message (love God/neighbor) if we were to observe Christian Behavior as is generally practiced. Christianity today is often times called "Pauline Christianity" (right/wrong). How this came to be is the topic

for other discussions. In the meantime, let us reflect in a meditation.

So, who is Jesus and what did He stand for and what do His teachings mean - without a lot of hyperbole and very reasoned theological, fanciful stories?

He reflected, or so the biblical texts would have Him reflecting, that He and His Father are one. (John 10:30) Taking His reflection at face value, we can say that before the illusion of two, they are actually one—one before one and two.

In St. Paul's Letter to the Philippians 2:4 we are asked to be Christ-like. Jesus also asks us to be perfect like His Father in heaven is perfect. (Matt 5:48)

Abbot's Notes

A Perfect One—in heaven.

In Heaven—Jesus told us about heaven, how to enter into heaven: *I tell you with certainty, unless you change and become like little children, you will never get into the kingdom of heaven.* (Matt 18:3) Or stated in the converse: *I tell you the truth, anyone who will not receive the kingdom of God like a little child will never enter it.* (Mark 10:15)

So, what is it like to be as a little child, to celebrate the mind of a child, which we each are if we just let ourselves be. Is not Christ's message the same of most other spiritual teachers? Wake-up to who are you!

What is the nondual mind of a child? What is the attitude of a child in adult form? What it is to be Christ-like?

Perhaps "detached involvement" best describes the mind of a child. Nondual.

Nondual - it has no shape and no size. It actually has no explanation and certainly no definition. The ancients define nondual as "not this, not that." A metaphor comes in handy to explain nonduality. We can describe the mind of an infant as nondual. The infant just absorbs all that it senses without difference or distinction. The infant has no belief systems to filter its sensations. The infant has no self or ego to judge the rightness or wrongness of a sensation. The infant has no thought about this or that or anything else. The infant, some may say, has no mind. How often we say in response to something we determine as negative: "Pay it no mind. Just let it go."

How would we be without a mind? How would we get through a day without being attached to an ego? How could we

envision a future? What is a nondual perspective?

First and foremost, we realize that there is a difference - a grave difference - between the way we hope things to be and the way we think things are. We have resolved our conflict with our perception of Ideal Reality - our hopes and dreams - with the way things actually are. We have also resolved our conflict with our perception of Real Reality - the way we think things are - with the way things actually are. We have recognized and let go of, yet we have, our beliefs: our hopes and dreams and our biases and prejudices. We perceive with clarity just the way things are, just as they are simply because they are what and how they are in the moment.

How? We have realized that we essentially are not our thoughts, feelings or emotions. Our thoughts, feelings, and emotions are metaphorically just background noise in our field of experience. Likewise, we have realized that what we perceive: besides our thoughts, feelings and emotions, but also people, places, things and events are also just our own creation. As Gertrude Stein once echoed: *there is no there there* (although she was probably referring to her house in Oakland). We accept unconditionally whatever is occurring now in the moment - just as it is, now.

We maintain an attitudinal stance that tends to be neither flexible nor inflexible, neither soft nor hard. We are inclined neither liberally or conservatively. At best, we may be described as fluid. We succeed because we take the shape of any container, yet retaining our integrity. We are much like water, in this regard. How do we main-

tain a fluid, rather than flexible or inflexible attitude? We have resolved our conditioned resistances. We appreciate the natural biases inherent in our belief systems through which we filter our perceptions of reality. We accept these conditioned resistance for what they are, our own creation. We let them go. We have become the center of the cyclone, being Peace amid the chaos of ever present change in its myriad of forms. We are detached. We are Nonduality.

Being detached from our perceptions: thoughts, feelings and emotions, peoples, places, things, and events, we are absolutely responsible for our own integrity as we change our shape in the moment. We have resolved our basic human resistance to change. We have recognized our desire to keep things as they are even while recognizing that everything is changing moment by moment.

We do not create guilt or take pride in what we do or do not do. Leaves fall from a branch. Rain drops. Ivy grows. The Universe expands. Hence, we engender no feelings of blame for what others do or not do. We hold no residual emotional image of our own self or of others. We let go moment-by-moment. Hence, we tend not to experience the past emotionally. Our own self image is no longer that of edited memories.

Being detached from our perceptions, we do not perceive reality from emotional or I-based conditioning. We have resolved the great trinity of Me, Myself, and I. Hence, we have learned that our subjective feelings are nothing more and nothing less than conditioned reactions that we have learned and, hence, can unlearn them—let them go. We

Abbot's Notes (con't)

recognize them to be just what they are: products of our own imagination. As such, they are fantasy, existing only in our mind. We created them. We let them go.

Being detached from our perceptions, we are not bogged down by unnecessary pain and suffering: psychological, emotional, or otherwise. We are simply present. We engage thought when needed. We do not need to be constantly thinking, verbalizing, conceptualizing, or forming images. We, taking the shape of the moment, being fluid, maintain our own integrity. We are totally unconditioned and one with the universe, our immediate moment. In essence, we recognize when we are resisting our own resisting and let it go. Therefore, we experience no conflict. We can eschew a sense of calm composure, excitedly or more subdued, in the moment. Boredom, accordingly, is never an issue.

Being detached from our perceptions, we are not depressed being caught in our memories of the past. We are not anxious being caught in our imaginings about a future. Nor are we worried being caught in the illusive present wondering whether or not to be depressed or anxious. We have recognized the illusion of the alleged "continuity of events." We let it go. The moment, accordingly, does not necessarily evoke an emotional impact. Again, we have integrated the sacred trinity (Me, Myself, I) of the Human Condition. We let the trinity go. Only we in our awareness remain. We are not the center of the (narcissistic) Universe. We connect with others naturally, empathizing with others however they may be: liberal realist, lib-

eral conservative, conservative idealist or conservative realist.

Being detached from our perceptions, we may become angry, yet our anger is not me-based. We do not take the moment personally or seriously. We recognize flattery and abuse as just as what they are and let them go. If angry, the anger is very short lived.

We have no need to keep a residual mental image of the event. We just let it go. Our basic temperament remains just as it is, yet we respond rather than react to our thoughts, feelings, emotions, perceptions or people, places, things or events.

Whether we respond or react in the moment, we do so by choice reflecting our absolutely objective grasp of the moment in the moment. We experience our emotions minimally and momentarily. We do not need to engage in the drama of the moment echoing the Human Condition. Likewise, we do not create romantic images of the past or even nostalgic feelings about the past. We know no benefit.

Being detached from our perceptions, being one, therefore, being in the moment and being the moment, we envision a future and empower others to bring that vision to Light. We adapt our style to meet the vision and the people around us. We recognize not only our own idiosyncrasies, personality, style and intellect, but also those of others just for what they are. We let our considerations about them go.

We realize that the best instruction is often the most subtle. Being detached from our perceptions, we have the freedom to grow along with others as all grow in awareness given

the subtly of instruction of Life. All acknowledge that mistakes happen, good things happen and in absolute reality, nothing happens. Light is.

And is not Christ known historically as the Light of the World? If we were not Christ-like, would we not then just be living examples of the Beatitudes which, in a way, summarize the Christ's message:

*How blest are the poor in spirit;
the reign of God is theirs.
Blest too are the sorrowing;
they shall be consoled.
Blest are the lowly;
they shall inherit the land.
Blest are they who hunger and
thirst for holiness;
they shall have their fill.
Blest are they who show mercy;
mercy shall be theirs.
Blest are the single-hearted for
they shall see God.
Blest too are the peacemakers;
they shall be called children of
God
Blest are those persecuted for
holiness' sake;
the reign of God is theirs.*
(Matt 5:1-8)

Yes, to be Christ-like, to be awake, is to evoke the non-dual mind we each are. All we have to do is let it go, let it be so, and it is — *Fiat!* Let it be!—as we are sons and daughters of God as Jesus is. Being like little children we enter into the kingdom of the Father. We are the Creators of our experience. We can then be peace, the Peace of Christ—being not of this world—but as He gives us in instruction: Solace. Peace of Mind. Amen.

May many blessings be to you and yours, now and forevermore.

Peace and Joy!
+Robert, O.S.B.

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Moving or recently moved?

Please visit

<http://www.wrmosb.org/update>

Thank you.

(New e-mail address, too.)




Peace and Joy!

How to Detach from a Belief—Why?

How to detach from a belief and experience freedom and peace of mind? Use a centering meditation taught by Tarthang Tulku in his *Hidden Mind of Freedom*:

"Working with thoughts (beliefs) by opening them as they arise can bring many pleasant feelings, which—without attachment—also become our meditation. We can even go into the thoughts that judge other thoughts, and, embracing this judging mind, become united with it."

"By relying on the light of awareness you can see that the difficulties you face are manifestations of your own concepts. Going deeply into your thoughts, you will see how you create your experience, how you alone are the judge who determines heaven and hell, good and bad."

"Whatever experience arises, stay with it, expand it, and heat it up. If you remain within the intense

core of the experience, the meditator unites with thoughts and emotions, and everything dissolves. Then awareness grows powerful and one-pointed. As thoughts and emotions are increasingly included within this field of awareness, they become more useful. Instead of being a cause of frustration or confusion, they become agents of well-being. . . "

And why?

A Native American grandfather was talking to his grandson about how he felt. He said, "I feel as if I have two wolves fighting in my heart. One wolf is the vengeful, angry, violent one. The other wolf is the loving, compassionate one." The grandson asked him, "Which wolf will win the fight in your heart?" The grandfather answered, "The one I feed. (Thank you Michael Butler)

May all beings be happy.
Amen.

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And thank you. May many blessings be to you and yours now and forevermore. Peace and joy!

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