	White Robed Monks of St. Benedict	<i>Volume 17 Issue 1</i>
	<h1>Network News</h1>	<i>December 25, 2014</i>
<i>Ausculta</i>		<i>Nondual: things remain distinct while not being separate.</i>
Abbot's Notes		Christmas Blessing

Peace be with you and yours.

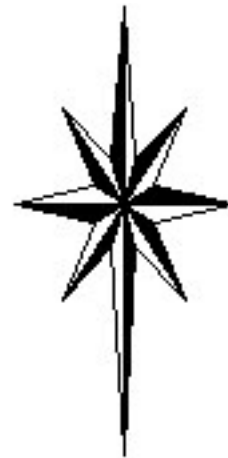
When we return to our immediate experience in this moment, we are present to infinite possibility. Anything is possible in this moment. Given our body/mind, we do not have to create the possibility. It is. Possibility is already present in what we feel, sense, experience. The inherent sense of possibility is what we are and what is. And such do we learn from Quantum Mechanics and Particle Physics. Everything is new and everything is interconnected with everything and everyone else with change as the underlying *modus operandi*.

This is the way things are, like it or not. Possibility is the inherent reality of our existence. What we have in our lives right now is just what we want. Whatever we do not have in our lives right now is just what we want. It is. Out of this *is*, possibility is. How can we sense this possibility?

Heart-breathing of the ancients is a place to begin sensing. It's easy! Sitting, standing, walking, laying down—it does not matter—just place your attention in the area of your heart. You might—although not necessary—with your right ring finger, hold close your left nostril, inhale to the count of 5; with your right thumb, close now your left nostril, release your index finger and exhale to the count of 5 through left nostril. Then, inhale through the left, exhale through the right. For a visual, please view:

www.youtube.com/watch?v=WxEqooqgCEs

After a while, you might then focus your attention to your heart/chest area as if you are breathing from there. One of the



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!

possibilities that emerge is a sense of well-being as you release more oxytocin, replacing cortisol, the stress hormone. And you could take the practice one step further and sense gratitude and well-bring to further bring your being into balance. Another source is:

www.pilgrimageyoga.com/the-benefits-of-conscious-breathing/

It is by our intention, conscious or not, that we set our day. In the morning one might consciously decide that this day and only this day will I trust. Then what-

Abbot's Notes

ever takes place, one can take situations as they arise within oneself with a spirit of equanimity. Possibilities arise in the moment with such dispassionate presence. We can sense in the moment the true (ego) source of our joy and sorrow, acceptance and anger.

We can realize how we are projecting our own biases unto neutral reality: people, places, things, and events. In these moments, we delve into our breath. In that space between the inhale and exhale we emerge limitless possibilities. We can sense how we are creating our own reality. The more we focus on our breathing—either formal yogic or informal heart focused—we can change the next moment. In fact, how we behave in this moment sets the stage for the next moment.

Getting down and dirty, so to speak, one might ask—well where exactly is the possibility. Ah Ha! The possibility is in the space between the inhale and exhale—that minute pause.

“In the beginner’s mind there are many possibilities, but in the expert’s there are few”

S. Suzuki

Many blessings and
Peace and Joy!
+Robert OSB

Possibilities Abound: But A Dream

Contrary to some popular opinion, what we THINK is real isn't. Our so-called problems, much less joys or sorrows aren't either. Given what we know today, we are making our lives up. Consider these following points from Paul Levy's *Quantum Physics: The Physics of Dreaming*.

www.awakeninthedream.com/wordpress/quantum-physics-the-physics-of-dreaming/

01. There is no objective reality independent of an observer.

02. We live in a participatory universe. The observer affects what is observed by the mere act of observing.

03. Quantum entities exist in a multiplicity of simultaneous potential states (called a superposition), hovering in an abstract realm between existence and nonexistence prior to being observed.

04. There is no independent quantum entity separate from its properties. Its properties are a function of our observation. This is to say that these quantum entities aren't real in the way we ordinarily think of something as being real.

05. The act of observation is the very act which turns the potentiality of the quantum world into the actuality of the seemingly ordinary world.

06. Our act of observation not only changes the present state of the universe, it reaches backwards in time and changes what we can say about the past. This turns our conception of linear time and causality on its head.

07. The questions we ask make a difference.

08. The universe is a seamless, undivided and instantaneously interconnected whole. This is to say that each part of the universe is interrelated with every other part in an immediate and unmediated way.

09. An expression of this wholeness is the universe's nonlocality, in which every part of the universe is related to and in communication with every other part. Our universe doesn't play by the typical rules of third-dimensional space and time.

10. Quantum entities can jump from one place to another without traversing the path in-between.

The Dream

11. The laws of physics are not written in stone, but are mutable.

12. The quantum universe is not separate from consciousness; rather, it is an expression of consciousness. Mind and matter are no longer seen as separate.

13. Our ordinary, day-to-day universe is quantum through and through.

14. Quantum physics literally changes and transforms our mind, as it introduces a new way of thinking. It also helps us see the world differently, which helps the world to manifest differently.

15. Quantum physics is showing us how we ourselves are moment by moment playing a key role in the creation of our experience, as well as in the genesis of the cosmos, in this very moment.

16. Significantly altering Descartes' famous principle, "I think therefore I am," quantum physics would instead say, "I choose therefore I am."

17. Quantum physics is a revelation in living form: it is showing us the dreamlike nature of our universe.

Clearing Beliefs

Given Infinite Possibility in the moment, how is it that we do not realize possibilities we would like and realize others we do not want? The foundation of our conventional reality is a configuration of possibilities and probabilities. The mortar of that foundation are our beliefs. Yet, there are no beliefs as such, and hence, no belief systems. What?

A belief is but a metaphor to umbrella certain electro-chemical activities in our brains. Other electro-chemical activities we may term *thought*, *hopes*, *desires*, or *dreams*. The lie in every belief is that there is a belief and that that belief is *absolutely true* (at least in "my" case) – itself, yet a belief.

Some beliefs are supportive, others not so much so. How do we change a self-defeating belief? How do we influence the prob-

ability that we can do, be, have what we want?

One way is called *Clear Your Beliefs*. The human brain stores information (energy packets) via analogies. *Clear Your Beliefs* is an effective way to enhance happiness, satisfaction and realization of goals: personal, social, spiritual, financial, relationship.

Two of our priests are *Clear Your Beliefs* practitioners. A session via the phone, Sykpe, or in person takes about one hour. You must be in a quiet, undisturbed place. Cost? Free, yet a (tax deductible) donation would be welcomed.

Once learned you can use *Clear Your Beliefs* on your own or sit for another session. For more information or to set-up a session, please e-mail:

bc@wrmosb.org

Expect a reply within 24 to 48 hours. Thank you.

The Dream Revisited

Niels Bohr, the pioneer of 20th century quantum physics
An independent reality, in the ordinary physical sense, can neither be ascribed to the phenomena nor to the agencies of observation.

Werner Heisenberg, the inventor of quantum mechanics:
The ontology of materialism rested upon the illusion that the kind of existence, the direct "actuality" of the world around us, can be extrapolated into the atomic range. This extrapolation is impossible, however.

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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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