

Yes, our life story is just a story, a created fantasy — please keep in mind/heart a Tibetan meditation technique that Lama Tarthang Tulku (founder of Nyingama Institute in Berkeley, California in 1969) taught. He describes a method for eliminating unwanted thought forms and their effects in *Hidden Mind of Freedom*. Given the experientially based mystical traditions, both East and West, we may expand Lama Tulku's method to any thought form — of God, ourselves, our significant others, others, our life, life, reality. Once free, then there is no (emotional) charge on the thought and the thought becomes just what it is, a thought; an emotion, an emotion. (Cf. [Merging of Unity and Difference](#))

Lama Tulku's method is:

"Working with thoughts 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. . .**"

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### **Merging of Unity and Difference**

by Shitou Xiqian (Shih-t'ou Hsi-ch'ien (709-788))

The mind of the great sage of India is intimately communicated between east and west. People's faculties may be keen or dull but in the path there are no southern or northern ancestors. The spiritual source shines clearly in the light. The branching streams flow in the darkness.

Grasping things is basically delusion. Merging with principle is still not enlightenment. Each sense and every field interact and do not interact. When interacting they also merge, otherwise, they remain in their own states. Forms are basically different in material and appearance. Sounds are fundamentally different in pleasant or harsh quality. Darkness is a word for merging upper and lower. Light is an expression for distinguishing pure and defiled.

The four gross elements return to their own natures like a baby taking to its mother. Fire heats. Wind moves. Water wets. Earth is solid. Eye and form, ear and sound, nose and smell, tongue and taste. Thus, in all things the leaves spread from the root. The whole process must return to the source.

Noble and base are only manners of speaking right. In light there is darkness, but don't confront it as darkness. Right in darkness there is light, but don't see it as light. Light and dark are relative to one another--like forward and backward steps. All things have their function. It is a matter of use in the appropriate situation.

Phenomena exist like box and cover. Joining principle accords like arrow points meeting. Hearing the words you should understand the source. Don't make up standards on your own. If you don't understand the path as it meets your eyes, how can you know the way? As you walk, progress is not a matter of far or near. But if you are confused, mountains and rivers block the way. I humbly say to those who study the mystery, don't waste time.

**Peace and Joy!**