

Dongshan's 5th Rank

Let us recall a Zen experience:

Emptiness and form, mutually penetrate to such a degree as to become virtually indistinguishable.

Our polarized conceptual notions of the difference between the Absolute and the relative, the Real and the apparent – dissolve.

This final collapse of dualistic thinking catalyzes the experience of inner freedom and spontaneous action known as the play of the the child-like sage - within the illusory world.

edit and adapted from

http://taoism.about.com/od/buddhism/a/Dongshan_Five_Ranks.htm

Overview Mind of Child

Absence of Entification

Absence of Unnecessary Conditioning

Absence of Unnecessary Thinking

-hence, Avoidable Suffering

Absence of Time and its Perception

Absence of Selfish Anger

Absence of Unnecessary Memory

No Entification

No guilt or pride for one's actions

No feelings of blame for another's actions

No residual emotional image of self/others

The past is NOT experienced emotionally,

Hence, the past does not emotionally prejudice one's view of the present.

One's self image: **no longer a being of edited memories** (Welber?)

No Unnecessary Conditioning

No emotional or me-based conditioning

Therefore subjective feelings=conditioned responses

Are learned and therefore can be unlearned.

Basic/conventional conditioning remains, therefore

One can still drive a car or use a computer.

No Unnecessary Thinking

Hence avoidance suffering

A silent mind w/o constant thinking, verbalizing, conceptualizing, image formation

Therefore totally unconditioned and totally one with, at home with, the universe.

The mind knows no conflict, the person remains in a state of whatever he may be doing, remaining calm and composed during any activity.

No Time

No past memories/depression

No present worry

No future imaginings (anxiety)

ONLY NOW:

No illusion of continuity of events

No emotional impact

No “I” as center of universe

No boredom (no thought marking time)

No Long Term Emotion

- Anger is not based on selfish motivation.
- Anger is very short lived w/o residual mental impression.
- Basic Temperament remains the same.
- Reactions to events are always absolutely objective.
- Emotional content, if any, is minimal and momentary.

No Unnecessary Memory

Factual memory exists.

Nothing is taken personally (flattery/abuse).

No attachment to past:

- no emotion about the past.

- no romance about the past.

- no nostalgic feeling.

There is no self.

If no self, then what is my sense of me that I am?

- My sense of *me* exists in my head via my CNS.
- My sense of *me*, thus, is a Created Fantasy.
- Accordingly, we just THINK we are who, what, how, when, why we are.
- Thus, the (fanciful) thought of self exists and, therefore, there is no self as such.

How did this sense of *ME* come to be?

- The Human Condition: as little kids we encountered many situations some of which we took personally, others we just let go.
- Some of those situations we took personally, we adjudged these somehow **NEGATIVE**.
- As we grew the dendrites to think, we began to put of layers of protection as a shield.

The Human Condition

- Rather than such situations just happening, we interpreted such as just happening to:
ME. MYSELF, and I.
- We grew the Great Trinity or what is known as the Seperative Self.

We believed!

- We believed what we interpreted our situation was telling us – we believed without seeing the truth of the moment.
- We had not come to see the **LIE** in every **belief**: The lie being that the belief is absolutely **TRUE**.

Seperative Self-Games

- We surrendered our TRUE SENSE of SELF for a false self, a created fantasy to appease our primary care givers.
- We play the game of depression, worry, anxiety as such is HOW we THINK we must behave.
- We play the game of guilt, shame and blame as such is HOW we THINK we must project/protect our presence.
- We play the game of Passive-Aggressive or Manic-Depressive to manipulate to get what we want.

The Seperative Self

- We surrendered our TRUE SENSE of SELF for a false self, a created fantasy to *appease* our primary care givers.
- We play the game of depression, worry, anxiety as such is HOW we THINK we must behave.
- We play the game of guilt, shame and blame as such is HOW we THINK we must demonstrate.
- We play the game of Passive-Aggressive or Manic-Depressive to manipulate to get what we want.

Essential Scripts

- The man I am is the man my mother wished her husband had been when I was five.
- The woman I marry is the woman my father wished his wife has been when I was five.
- The woman I am is the women my father wished his wife had been when I was five.
- The man I marry is the man my mother wished her husband has been when I was five.

The Truth -1

No one makes me feel anything: happy, mad, sad, glad, comfortable, uncomfortable.

That which we do not like out there (person, place, thing, event), reminds me of what I am and deny (Don't Even kNow I Am Lying).

The Truth -2

Yes, things occur in conventional reality: people say things, people die, mistakes are made, "good" things happen, etc.

Often times when we resist things occurring, we create more unnecessary pain and suffering for ourselves. **"That which we resist, persists"** - as the saying goes.

The Truth - 3

- We want to keep things the way they are (really already "were").
- We hold onto thoughts, feelings, emotions rather than just letting them go. We resist even resisting....

Truth -Admonition

Remember:

when we are aware that a particular behavior
(a train of thought, feeling, emotion)
is self-defeating and
we continue to exercise that behavior,
we may be getting some benefit
by continuing to do that behavior.

Secondary Gain

All of this is Secondary Gain, which may be either allegedly positive or negative.

Do I get to prove:

- what a schmuck I am,?
- what a victim of my circumstance I really am?
- just how AFRAID or FEARFUL I am?
- how I am powerless to change? –
all just like my mother or father, teacher or
relative said I am when I was really young -
and I **believed them!**

Secondary Gain

What benefit do I really gain by doing this?

- How am I really benefiting myself - when I am actually hurting myself?
- What am I proving to myself?

How to Regain -1

Tibetan Meditation

Tarthang Tulku. *Hidden Mind of Freedom.*

Working with thoughts by opening them as they arise can bring many pleasant feelings, which--without attachment--also become our meditation. . . .

How to Regain -2

We can even go into the thoughts that judge other thoughts, and, embracing this judging mind, become united with it. They become agents of well-being. . . . "

How to Regain -3

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.

How to Regain –4

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.

How to Regain –5

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. . . ."

Appreciating: Just as everything just is

- I am awareness BEHIND my ego –
this fantasy that I think (key word: *Think*) I am.
- Perhaps a metaphor - being the center of a cyclone: perfect peace moving along a path.
Inner rim: thoughts, feelings & emotions.
Outer rim: people, places, things & events.
- I move through situations/circumstances in perfect peace.
- I have let go of my attachments
to my thoughts, feelings & emotions.
to people, places, things & events.

Appreciating (2)

- Everything - everything - is just what it is in the moment.
- It is not that I am detached.

More so, I am just without attachment.

- Even though I am aware of conditioned existence, I beam unconditioned awareness...
- as I am without attachment.
- I invite peace and joy, wisdom & compassion
- with a spirit of Equanimity.

Appreciating (3)

- Hence, I am without attachment or resistance to the way things are in themselves in the moment,
- I neither obsess nor fixate in preserving any **belief** system, feeling, or even experience.
- Things happen, then they aren't. Something new is always emerging each moment -
- in the pause between each inhalation & exhalation.

Thank you.

Peace and Joy!

OM SHANTI.

OM.