

WELCOME!!!

***A Phenomenology
of an Emergent Universe:
A Resolution to the Human Condition***

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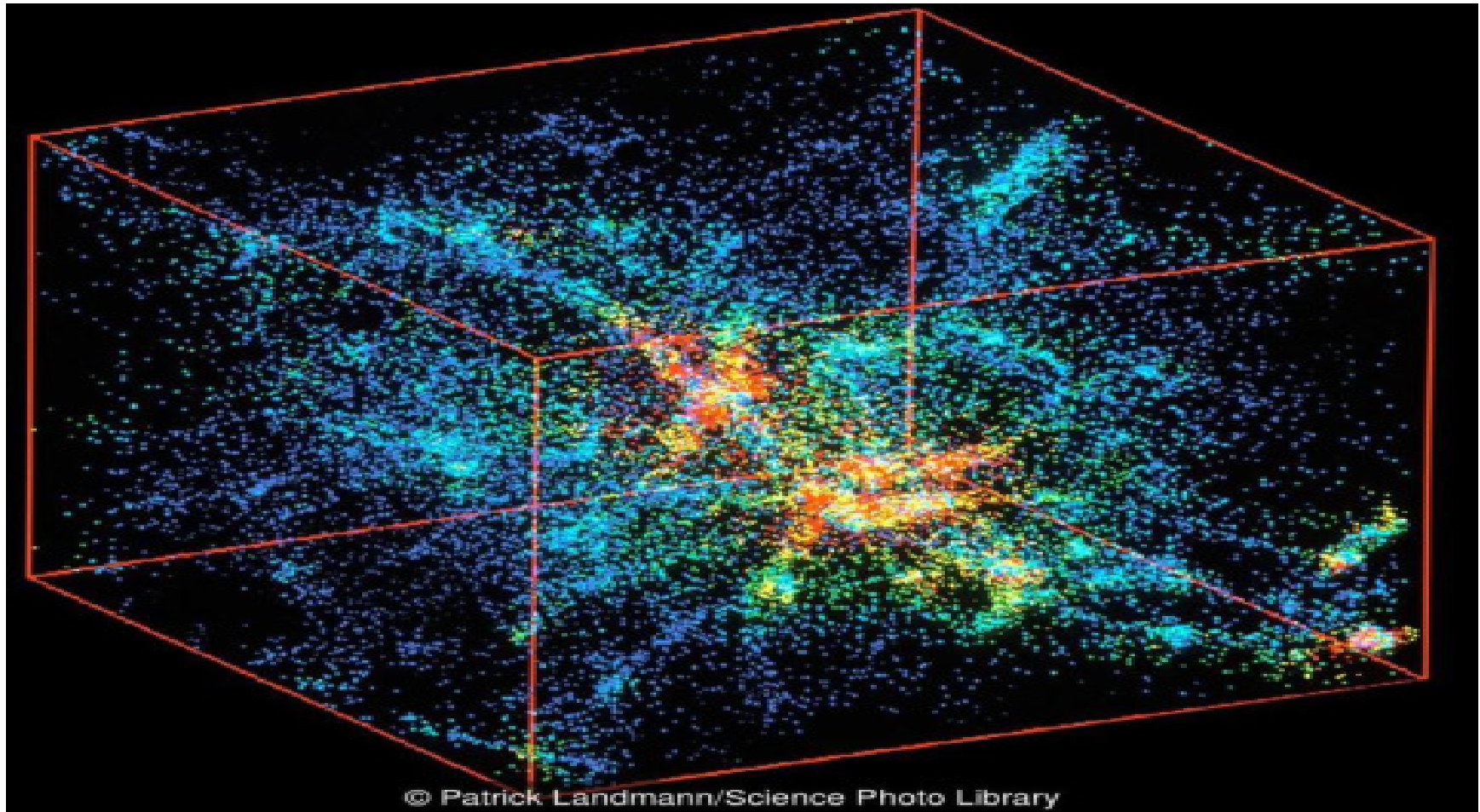
Dust to Dust!!!

*All – that is ALL –
that is now came to be
at the birth of the universe.*

*Therefore, we, as star dust,
might equally remember:*

Dust to Dust

Birth of the Universe

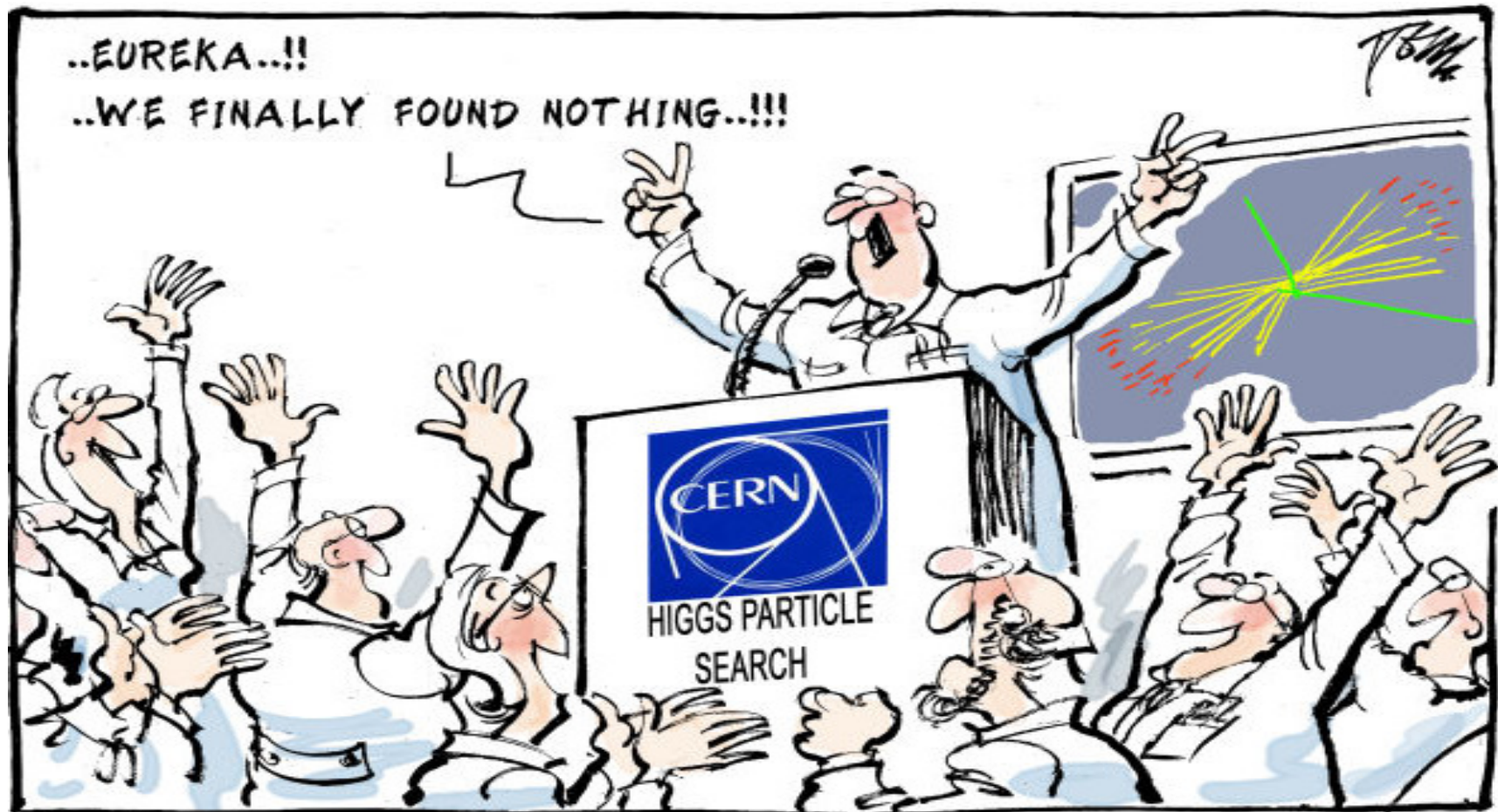


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Before The Birth

NOTHING

Found Nothing



Nine Types of Nothing (1)

Nothing as existing space and time
that just happened to be

totally empty of all visible objects
(particles and energy are permitted)

-- an utterly simplistic, pre-scientific view.

http://hinessight.blogs.com/church_of_the_churchless/2013/08/robert-kuhns-nine-levels-of-nothing-mind-blowing.html

Nine Types of Nothing (2)

Nothing as existing space and time
that just happens to be

totally empty of all matter

*(no particles, but energy is permitted --
flouting the law of mass-energy
equivalence).*

Nine Types of Nothing (3)

Nothing as existing space and time
that just happens to be
totally empty of all matter and energy.

Nine Types of Nothing (4)

Nothing as existing space and time
that is by necessity

**-- irremediably and permanently in all
directions, temporal as well as spatial --
totally empty of all matter and energy.**

Nine Types of Nothing (5)

Nothing of the kind found in some theoretical formulations by physicists, where,

although space-time (unified) as well as mass-energy (unified) do not exist,

pre-existing laws, particularly laws of quantum mechanics, do exist.

And it is these laws that make it the case that universes can and do, from time to time, pop into existence from “Nothing,” creating space-time as well as mass-energy.

(It is standard physics to assume that empty space must teem the with virtual particles, reflecting the uncertainty principle of quantum physics, where particle-antiparticle pairs come into being and then, almost always, in a fleetingly brief moment, annihilate one another.)

Nine Types of Nothing (6)

Nothing where
**not only is there no space-time and
no mass-energy,
but also there are no pre-existing
laws of physics**
that could generate space-time or
mass-energy (universes).

Nine Types of Nothing (7)

Nothing where not only is there are no space-time, no mass-energy, and no pre-existing laws of physics, but also there are no non-physical things or kinds that are concrete (rather than abstract) -- no God, no gods, and no consciousness (cosmic or otherwise). This means that

there are no physical or non-physical beings or existents of any kind – nothing, whether natural or supernatural, that is concrete (rather than abstract).

Nine Types of Nothing (8)

Nothing where not only is there none of the above (so that, as in Nothing 7),

**there are no concrete existing things,
physical or non-physical,**

**but also there are no *abstract objects* of
any kind -- no numbers, no sets, no logic,
no general propositions, no universals,
no Platonic forms (e.g., no value).**

Nine Types of Nothing (9)

Nothing where

**not only is there none of the above
so that, as in Nothing 8,
there are no abstract objects,
but also there are no *possibilities*
of any kind**

*(recognizing that possibilities and abstract
objects overlap, though allowing that
they can be distinguished).*

NOTHING

Emptiness? Nothing?

Does nothingness imply emptiness?

Does emptiness imply nothingness?

Emptiness-Nothingness

Emptiness is not complete nothingness.

Emptiness itself is empty.

(The Emptiness of Emptiness)

The Heart Sutra

Form is Emptiness.

Emptiness is Form.

All dharmas are marked

With emptiness. ...

And one's mind is no hindrance,

Without any hindrance

As no fears exist.

7 Types of Emptiness (1)

The emptiness of **individual marks**
(*lakshana*), (trans. D.T. Suzuki).

Lakshana (Sanskrit: लक्षण *lakṣaṇa*) –
*derived from the combination of words
lakshya and kshana – means 'indication' or
'symptom'. It also means 'an auspicious
mark', 'attribute' or 'quality'.*

<http://www.cttbusa.org/heartsutra/hs10.htm>

7 Types of Emptiness (2)

The emptiness of **self-nature**
(*bhavasvabhava*).

7 Types of Emptiness (3)

The emptiness of **no-work**
(*apracarita*).

7 Types of Emptiness (4)

The emptiness of **work**
(*pracarita*)

7 Types of Emptiness (5)

The emptiness of **all things**
in the sense that they **are unpredictable**
(*nirabhilapya*)

7 Types of Emptiness (6)

The emptiness in its

**highest sense of ultimate reality
realizable only by noble wisdom.**

7 Types of Emptiness (7)

The emptiness of **mutuality**
(*itaretara*)

Summary Emptiness

If a jar has nothing in it, the jar is empty.

The jar remains – empty.

When the mind has no discriminating thoughts (anger or desire), it is empty.

The mind remains.

Summary Emptiness (2)

Phenomena is empty
yet real and dynamic.

FORM: Newtonian Physics

Form - Solid, indestructible particles:

- 1) are the building blocks of matter and life.
- 2) move in space
- 3) influence each other by gravity;
- 4) interact by fixed and unchangeable laws.

FORM: Quantum Physics

Form – atoms are essentially empty

Wave or particle

Mass is not a material substance

Mass is a form of energy

Energy is a form of Mass

FORM: Electron Microscope (1)

A human hand:

Corpuscles: each second 2.5 million red cells die/ are born, living 110 days

Muscle Fiber: full crystalline aspect of long, spiral molecules waving to/fro,

held together by invisibile waves
pulsating many times per second

FORM: Electron Microscope (2)

Then Atoms – tiny dancing balls

Then an Atom – a shell w/ a cloud of electrons

Then NOTHING

Then a tiny dot, the nucleus.

Then a vasculating field of particles,

all dissolving into pure rhythm

FORM: Electron Microscope (3)

Hence,

**FORM is EMPTINESS
EMPTINESS is FORM**

a RHYTHM

Vibrating at 10^{22} per second

No objects, just processes

The Human Condition

Just process ---Rhythm: energy packet.

The Human Condition: An amalgum of energy packets (all the attributes of a human body) within one closed energy packet, aka The Human Form (which is Empty).

What is the distinguishing feature of the energy packet known as the human form?

Who you are.

Awareness

Awareness?

Do we know that:

1. We create our experience of “reality”.
2. We create our **delusions**: *false beliefs*
(Given: All **beliefs** are false.) (**Even this one.**)
3. We create our **illusions**: *false perceptions*
(Given: All perceptions are false.) (**Even this one.**)
4. We create our **allusions**: *false stories*
(Given: All stories are false.) (**Even this one.**)

How to be Aware - 0

From *Zen-Brain Horizons: Toward a Living Zen*,

James H. Austin, M.D., 2014 MIT

ISBN 978-0-262-02756-4, page 104f

(neither to nor from

a field far beyond form and emptiness...)

Awareness: “Just This” Meditation

How to be Aware - 1

Let *just* become a silent label
for breathing *in*,
while *this* evolves through several steps
to become a silent label
for breathing *out*..

How to be Aware - 2

Let this silent usage

then drop out by itself during meditation.

What remains

is simply the bare, wordless awareness
of breathing movements.

How to be Aware - 3

Later, allow the phrase to become
a distant, accurate metaphor
when referring to “just this” experience,
namely entering into the actual phase
of clear silent awareness
that neither hears nor knows such words..

How to be Aware - 4

Later, let the phrase evolve into a metaphor with even subtler resonances.

Such an impression might be consistent with the soft realization

that “**just this**” clear, selfless awareness — right here and now—is a moment of immanence, an integral part of the immense Big Picture

How to be Aware - 5

Continue to allow the phrase and its usage to remain within the ordinary interpretation of neurobiology, free from potential metaphysical extensions.

Residual Effect (a)

From Lama Tulku's method

"By relying on the light of awareness
you can see that the
difficulties you face
are manifestations
of your own concepts

Residual Effect (b)

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."

Responsible Integrity

We each are responsible
for our own integrity

Whether or not
we acknowledge or accept
that reality of our own awareness.

Awareness

Therefore, being awareness itself,

**(I am) awareness
from within which I emerge.**

Awareness

We are aware that we are aware
even when we are unaware.

We are aware of Emptiness and Form.

Awareness 2

We are aware of the

Emptiness of Form

Emptiness of Emptiness

Form of Emptiness.

Form of Form

Awareness-3

We are aware of:

Thoughts

Feelings

Emotions

People

Places

Things

Events

Awareness-4

Within Awareness is Beingness:

To be the experience of nonduality
within the domain of dualistic experience.

.

BTW Beingness is not “a being” or “being”.

*BTW Not “to experience”,
but “**be** experience”.*

Awareness - 5

NOTE: *Indivisibleness* is the capacity to experience oneness and separateness simultaneously.

To experience
indivisibleness of nonduality and
indivisibleness of dualistic experience
within nondual awareness.

Awareness-6

Knowing of nonduality
within the context of duality.

Be awareness, awaken to being aware.

Knowing of the union
of the knowingness of mind
within the knowingness of awareness.

Awareness - 7

How? Just sense sensing.

Be aware that you are creating
what you perceive,

how you perceive **what** you perceive,

that you perceive **what/how** you perceive

What you perceive IS that you ARE.

We simply ARE BEING that we ARE.

Awareness - 8

... and ask in the “**just this**” moment:

How do I bring peace into this situation?

How do I bring joy to this moment?

Effect of Awareness

Recognizing EGO for just what it is:

a library of beliefs / belief systems

(just neural activity in the energy packet)

-- neither good nor bad, right nor wrong.

Letting go of Resistance (*that which we resist, persists...*): *I don't want to, I don't feel like it, I can't, I won't* which we use to maintain our egos.

Eschatological Check List

(See handout)

ALSO

***I Don't Want To, I Don't Feel Like It:
How Resistance Controls Your Life and
What to Do About It***

by Cheri Huber & Ashwini Narayanan

Peace

Form is Emptiness.

Emptiness is Form.

There is no form and no emptiness.

Just Awareness.

Thank you.

Thank you for being

Now here

which is

Nowhere

Request

Please, just enjoy your creation:

In this Merry Dance of Life

With those two characters:

Merriment and Glee!!!

THANK YOU!!!

Peace and Joy!