

Welcome!!!

Science and the Mystery
Of the Human Experience:

Advaita for the 21st Century:
A Phenomenology of Nondual Interdependence

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Side Note: Advaita

Advaita Vedanta : school in Hinduism.

Founder: Shankara (India 8th Century CE)

Teaching: "Atman (soul) is Brahman God."

Application: "neti neti" (Sanskrit) "not this, not that";
"neither this, nor that"

Effect: Nonduality, "not two", "one without two".

Result: Mature state of consciousness wherein S-O
subsums with awareness without a center and
without dichotomies, **The Mind of a Child.**

Lost Keys

Remember a time when you misplaced your keys.

- You are late. Frantically, you search for your keys.
- You keep asking yourself, “Now where are the keys?”
- You pause, take a breath, turn around and there the keys are, right where you left them.
- In that pause, there was **no thought**.

No thought

In our common language we say:

- *Pay it no mind.*
- *Let it go.*
- *There are no accidents.*
- *There is a reason for everything.*
- *Fiat voluntas tuas: “May (Let) Thy will be done”.*

Dual / Nondual Perspective

DUALITY	NONDUALITY
Wants Pleasure, Avoids Pain	Witnesses what is happening in sensory apparatus
Reacts to external stimuli with intention.	Responds to alleged external stimuli without intention.
Lives according to one's own plan.	All is Universal Process, acts “as if” planning one's life.
Driven by natural processes (genes, conditioning) Pursues natural references. Experiences worry, depression, anxiety.	The alleged situation is “AS IS”. Equanimity: psychological stability & composure, undisturbed by pain or other phenomena that may cause others to loose balance of mind.

Nondual Non-Volitional Living

One is just a witness to whatever is taking place via the body-mind complex, aka *sensory apparatus*.

Just as stars, planets, galaxies move in an order, so too does human life (biological / quantum reality) in which one witnesses the happenings without judging or condemning oneself or another.

Without thought, one's actions (cosmic, biological, quantum) are natural and spontaneous – just like those of a little child – according to the Grand Plan.

Nondual, Non-Volitional Living

Little kids are not anxious or depressed, do not worry.

They may get angry, expend some angry energy, then they just let it go. (Ducks in a pond, have a dispute, move away, flutter-expend energy, & move on.)

Therefore, the nondual body/mind complex tends to act spontaneously in the moment.

There is no subject or object.

Remember the lost keys. In the moment of **no thought** you found yourself, your keys, because you and your keys are one.

Keys: Field Beyond Form & Emptiness

In a field far beyond form and emptiness,
that is,

*a vibrational field that is inwardly motionless and
outwardly without any obstructions of boundaries,*

is where the vibrational fields of both the keys and you
coalesce being one. Surrogacy.

Eastern / Western Logic (Optional)

What!?? How is it possible for a field that is motionless to vibrate? Enter Law of Negation:

A is A; A cannot be not-A.

A wave is a wave; a wave cannot be not a wave. (Western / Newtonian Model)

In quantum reality **A equals not-A.**

A wave can be not a wave. A wave can be a particle and a wave. (Eastern: Form is Emptiness and Emptiness is Form and neither are in themselves: Quantum: $E=MC^2$).

Dualism

Am I really a separate, autonomous entity?

Do I really do anything, am I a doer?

We tend to think that we live our lives. Yet,

**are not our lives being lived
as part of the universe itself,
from the cosmic whole
to the fermions and bosons
of our body/mind complex?**

Dualism / Free Will?

We form concepts, such as **Free Will**, which brings forth feeling and, hence, we shut out wisdom
(which activity itself is *part of the Grand Plan in the Scheme of Things*).

Just because we have created the concept of Free Will, are we free to decide?

We act AS IF we are free. An act.

Psycho-Physical Laws (Optional)

Pieron's Law: Humans make decisions quicker when two options they are confronted with are of a higher sensory quality than when they are of a lower quality.

Hick-Hyman's Law: The higher the number of options, the more efficient it is for the human brain to choose.

Weber's Law: The smaller the difference in quality between two options, the more difficult it is to make decisions, and that difference is small in low-quality but large in high-quality ones.

Honey bees may help explain how humans made decisions. Ana Sandoiu. [Medical News Today](#), 30March18,

Dualism Reconsidered

All that occurs, occurs. If we notice something needs to change and we act (or not) accordingly, inviting consequences which we may consider positive or negative and in the stream of things are neither.

Free Will and DOER are concepts that have no basis in fact being delusions. *(Hint: Recall that “Dualism” and “Nondualism” are also just but concepts, fantasies in the head, are they not?)*

Everything (phenomenal and nomenal) simply unfolds according to the Grand Plan in the Scheme of Things, does it not?

The Grand Plan in the Scheme of Things

**The Grand Plan in the Scheme of Things:
The Cosmic Whole to fermions/bosons:
a homeostatic ordered whole, Unicity.**

Nondual-Dual Have no existence

When we speak of Dualism and Nondualism
we are speaking dualistically.

Dualism and Nondualism are but concepts,
like beauty and truth:
delusions in the eye of the beholder.

Yet, we are innately aware that All Is One.

Dualism: Probable Results

Enter the probability of:

Depression (*thoughts/feelings of a delusive past*),

Worry (*thoughts/feelings of a delusive present*),

Anxiety (*thoughts/feelings of a delusive future*),

along with guilt, shame, blame, envy, greed, lust, etc. – and each of their attending dualistic opposites (**happiness**, etc).

It has been remarked that it is an element of human narcissistic nature to seek pleasure in pain: war, genocide, rape, pillage, plunder, etc.

Delusionary Beliefs (Optional)

Side Note:

Delusions are false beLIEfs.

Yet, all *beliefs* are neither true nor false

as *beliefs* do not exist as such.

Belief is a METAPHOR for electro-chemical brain activity we may label “belief”, “hope,” “free will” or some other delusional fantasy.

Happiness

Note:

The nondual little kid or body/mind complex is not ATTACHED to being happy or sad

as he/she easily lets go of the moment.

Once the dual body/mind complex has attached to being happy, ever wanting more and, thus, welcomes being unhappy.

Also, the moment a dual body/mind complex is conscious (thinking) of being happy, such is no longer the case.

Dualism / Nondualism Revisited

Dualism: Intellectual Comprehension: *Argumentation, Logic, Effort, and Conflict*, Pleasure/Pain, Right/Wrong, Moral/Immoral, Good/Bad, etc.

Non-dualism: Intuitive Apperception: a relaxed, quiet acceptance of “what is”, free of doubt or opinion.
(Peace and Joy)

* *Apperception*: Mind's perception of itself. *Concise Oxford Dictionary*. Coined by Leibniz, *New Essays* (1696), used by Kant & Terrence Gray (*Wei Wu Wei*)

Nondual Absolute Reality

“Wisdom of Dispassion” means

acting spontaneously without conceptualizing.

The nondual little kid or body/mind complex is basically detached from all phenomena – acts, i.e.,

thinks/participates without really being involved.

No depression, no worry, no anxiety, no guilt, no shame, no blame.

Only just doing what s/he is doing.

When we detach conceptually from our lost keys, they magically appear. **(Our conceptualizing ego is not in the way of enlightenment, finding the keys.)**

Nondual Being “in the zone”

As one Emily Hill wrote:

Being “in the zone” is delicious, immersive, and ... kinda trippy. Time collapses. Sound falls away. Suddenly we look up, and it's 4 a.m. This tunnel-vision phenomenon is reported by athletes, creatives, and psychologists alike as a hyper-focused, sometimes spiritual, state of mind where anything is possible.

Cf https://www.huffingtonpost.com/emily-hill/what-it-really-means-to-b_b_10300610.html

Nondual “being in Flow”

Mihaly Csikszentmihalyi describes 'Flow' as a mental state of complete absorption in the current experience.

Cf Flow: The Psychology of Optimal Experience

Similar

Don't Push the River, It Flows by Itself, by Barry Stevens

Enlightenment

Such a word has a cavalcade of meanings which depend upon one's biases and prejudices.

From a nondual perspective, *enlightenment* means one accepts fact: Events take place;

Deeds are done;

Consequences result – and -

THERE IS NO DOER OF ANY DEED.

Whatever is occurring in this moment **MUST OCCUR**,

because *it is occurring*: thoughts, feelings, emotions, people, places, things, and events.

Enlightenment – a Thought

PS:

Is there Enlightenment if Enlightenment is a thought?

Is Enlightenment just another delusion in our mental field?

How much do we seek that which we cannot have, when, for what we are seeking, has no existence except perhaps as a fantasy?

“AS IF” Functioning in Life

Marc Epstein MD, *Thoughts Without Thinker*

See, hear, taste, smell, feel, think, participate, or none of the preceding **WITHOUT** EGO:

Just Do It.

(Thanks, NIKE)

i.e. Don't take it (life events) personally.

(It's not about you as there is no you,

But only THE DELUSIVE THOUGHT OF YOU.)

We in the Universe

The universe works as a ordered whole, even its chaos:

The Grand Plan in the Scheme of Things

All experience is a reaction to an outside/inside stimulus and, hence, all experience is in the head, our imagination, a fantasy and that itself is a fantasy.

Everything happens for a reason, a metaphor for the
Grand Plan in the Scheme of Things.

Me-Myself-I is but a mere imaginary (thought) appearance in the scheme of things, none of which are not as they seem to be.

The Grand Plan!!

“All matter originates and exists only by virtue of a force which brings the particle of an atom to vibration and holds this most minute solar system of the atom together.

We must assume behind this force the existence of a conscious and intelligent mind.

This mind is the matrix of all matter.”

Max Planck....

Das Wesen der Materie [The Nature of Matter], a 1944 speech in Florence, Italy, Archiv zur Geschichte der Max-Planck-Gesellschaft, Abt. Va, Rep. 11 Planck, Nr. 1797; the German original is as quoted in *The Spontaneous Healing of Belief* (2008) by Gregg Braden, p. 212.

Ego

The EGO, the “I” is just the amalgam of thoughts of who, how, when, where and why

I THINK I am or am not.

Being a belief, *EGO, I, self, person* – do not exist as such and is a projected imaginary fantasy in the head. Relevance? As much as a purple, pink elephant of the 30th day of February.

Awareness / Consciousness

And all our apparent experiences are different,
shaped and fleeting as the clouds,

Yet our **AWARENESS** of those experiences remain the same.

Nonduality is like the sky;
a field far beyond form and emptiness.

My awareness is the same as your awareness, our **interdependence**. And we may let consciousness (duality) get in the way. (*Hence, I am obviously right!*)

Awareness becomes Conscious

Awareness: **knowing without cognition.**

Consciousness: cognition.

We are aware and not conscious when sleeping.

Before 18 months are aware and not conscious;

24 months we begin using *me, you, mine*, sequentially;

36 months we become clear in the concept *person*;

and by 60 months we portray our individual qualities.

The Grand Scheme of Things-1

As Shakespeare put it:

We are all actors on the stage of life.
We are the Producers and the Leading Character,
playing our part according to
the Grand Plan in the Scheme of Things
(which is the Writer, Executive Producer,
Director of the play “My Life”).

The Grand Scheme of Things -2

According to that plan, we are happier, safe, secure and have peace of mind when we accept the fact:

**We are but mere thought appearances
in the field far beyond form and emptiness,
playing our part
as if we are wont.**

How to engender a Nondual Perspective?

- Acknowledge **IT** (*thought, feeling, emotion, person, thing, event*)
- **Feel/Accept IT** with some energy release.
- Realize **IT** as your EGO creation.
- Let **IT** go! (*Like you let yourself go to sleep.*)
- Pay **IT** no mind. (*Think of something positive.*)
- Appreciate there are no accidents in the scheme of things.
- Knowing there is a “*reason*” for everything.
- *Fiat voluntas tuas*: Let Thy will be done.

A Final Word of Stephen Hawkins

"We have this one life
to appreciate the grand design of the universe,
and for that I am extremely grateful."

Brief Answers to the Big Questions

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Thank You!!

Mind of A Child

www.zenmonks.org