

Welcome!!

The Fundamental Matter of Love: Phenomenology of Relationship

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Theme: SAND 2019

From Quarks to Love

Exploring Relationships at Every Scale

Quarks

Quarks: Fundamental basis of matter

(Leptons seem to be stylistically omitted.)

Matter

May we lay to rest a quote attributed to
Einstein:

*Concerning matter, we have been all
wrong. What we have called matter is
energy, whose vibration has been so
lowered as to be perceptible to the senses.
There is no matter.*

NOWHERE is there evidence to be found
that he ever said or wrote this (un)famous
quote

Matter 2

Yet David Bohm did write:

*‘Ultimately, **the entire universe**
(with all its particles, including those constituting
human beings, their laboratories, observing
instruments, etc.)
has to be understood
as a single undivided whole,
in which analysis
into separately and independently existent parts
has no fundamental status.’*

Bohm, D. (1983) Wholeness and the Implicate Order. London: Ark Paperback

Nondual Reality

If analysis into separately and independently existent parts has no fundamental status,

and

If a “relation” is the way two or more “parts” are somehow connected,

then how can there be a relationship when there are no parts?

Relational Nonduality

- *Relational Nonduality* is patently absurd.
- Neither possible nor impossible.
- Neither true nor false.
- There is not one nor two.
- Not This, Not That
- **Therefore, no relationship.**

The Nondual Human Universe

- Imagine yourself as a child under 2:
- No sense of Me-Myself-I:
 - no guilt or pride for one's actions.
 - no feelings of blame for another's actions.
 - no emotional past, hence,
 - no emotional present prejudice.
- No depression (past).
- No anxiety (future).
- No worry (present).

Nondual Mind of a Child

- No suffering (*a silent mind w/o constant thinking, verbalizing, conceptualizing, image forming*).
- No conflict.
 - One with, at-home with the universe:
nondual.
- No time, only now, with no illusion of continuity of events.

Mind of a Child

- Being no-I, **nothing is taken personally**
(such as flattery or abuse)
- **Life is not a personal event.**
- No attachment to the past:
 - no emotion about the past,
 - no romance about the past,
 - no nostalgic feeling.

WHAT HAPPENED!!!

- Around 2 years of age we grow sufficient dendrites to begin forming the fantasy of who we think we are: **The Great Trinity.**

ME – MYSELF - I

The Great Trinity: Duality Personified

Me – Myself – I

An amalgam of selves

Hidden Self + Lost Self + Denied Self =

MISSING SELF

The Hidden Self

We create the Hidden Self by
consciously **suppressing**
(forcefully controlling)
those parts of ourselves
we think necessary
in order to be accepted
(we know about it and we're not telling).

The Lost Self

We create our Lost Self
by **repressing**
(consciously excluding)
those parts of ourselves
we think are prohibited.

The Denied Self

We create our Denied Self
by denying certain traits
we possess

- *we don't know about these traits,*
yet others most certainly do.

The False Self

Because we find
our Lost Self and Denied Self unacceptable,
we create our False Self:

**a substitute self that aligns with
Family (identity), State (culture), Church (morals)**
as we perceive them to be and
seemingly demand of us if we are to be
“loved”, accepted, and approved.

Social Self

With our False Self and Denied Self in consideration,
we form our Social Self as our presentation to the world with our “bag of tricks”.

False Self + Denied Self = **Social Self**

Missing Self

Hence, acting “socially”
we seek out those parts of ourselves
that we created as missing.

**Hidden Self + Lost Self + Denied Self =
Missing Self**

We quest for our Missing Self
to complete us,
to make us whole,
to make us one
to make us feel accepted & loved.

Windmills in The Mind

Hence, unconsciously
we seek love in all the wrong places
as we quest for an illusive shadow
that **we think** we want,
that **we think** will give us
joy, happiness, satisfaction, acceptance,
success, freedom - whatever....

Missing Self's Aspirations

We long and search
to complete our self-created fragmented self:
that *dream-like product of illusion*
that **obscure object of desire**

The ONE

(“God”, “Enlightenment”, “Man/Woman” (**Romantic Love**),
“Money”, *the pair of shoes or Power, Status, Prestige*);

The EGO IDEAL

(*The Actor/Actress, Athlete, Champion, Politician,
Business Man/Woman, Religious Figure, Musician, Poet,
Cult Guru, Scientist, Etc.*).

The Human Condition: Ego

False Self + Denied Self = Social Self

Actor + Denial = Social Self

Depression + Worry + Anxiety = Frustration

leads us unconsciously via our

Hidden Self + Lost Self + Denied Self =

Suppression + Repression + Denial =

To find our

Missing Self

in the ever illusive other.

The Human Condition

In *A New Earth* Eckhart Tolle describes the Human Condition thusly:

*we identify with what our ego or false-self desires -- we are all held in a kind of bondage to our egos, and only break free into the Presence of our **authentic selves** at those moments in which **we notice***

that we are doing/ thinking
according to the ego's demands.

What to do? What not to do?

The reality we live in is mental.

The mind gives shape to reality.

Epictetus (c. 55 – 135 AD) (*Manual*)

- Hence, **we are really disturbed** not by people, places, things or events, but **by the opinions we create about them.**
- Hence, be aware: the experience of fantasy: pleasure/pain, joy/sorrow, tranquility/torment:
a REAL fantasy.

And Love?

- Love = Oneness.
- Emotionally, one, **being not self-preoccupied**, engenders extraordinary feelings of care, affection, and warmth for all beings.
- Intellectually, one, **being not self-preoccupied**, gleans insight into the simplicity that underpins illusionary universal diversity.
- Spiritually, one, **being not self-preoccupied**, is the imperishable greater whole.

How Ego Involved Am I?

On a continuum, how preoccupied with myself am I?

DO I (*egocentrically*)

Care for My Needs & Desires
Seek Approval & Admiration

Feel Superior to Others
Treat Others as Objects
Prove Right I'm Right
Do What I Want To Do

DO I (*allocentrically*)

OR Care for Others' Needs & Desires
OR Admire & Praise Others
OR Celebrate Others Accomplishments
OR Treat Others as fellow human beings
OR Learn from Others
OR Do What Others Want To Do

AM I (*egocentrically*)

Cold, Intolerant, Judgmental
Withdrawn & Self-absorbed

AM I (*allocentrically*)

OR Warm, Caring, Compassionate
OR Connected, Collaborative, Supportive

(cf adapted from Lion Goodman, *Clear Your Beliefs* re Narcissism)

More Preoccupied, less Love

- Otherwise, we are coming from our “ego”:
 - a series of impersonal combination of mental neuronal states.

We can be aware of our state(s),
just letting them flow as a stream flows.

Awareness effects the flow.

Ego “Facts”

- “Ego” we may not deny, it is part of parcel of human developmental history.
- If we try to deny “Ego”, we are bound to frustrating failure while in a state of DENIAL (Don’t Even kNow I Am Lying)
- If we accept “EGO”, we program ourselves to the worry, depression, anxiety, guilt, shame, blame.

More Ego Facts

- “Ego” is only electro-chemical activity within our neurological systems.
- Once recognized as an “Ego” **function**, the recognition activity short-circuits the “ego” activity.
- We can recognize Ego functioning when we are:

Ego functioning

- Acting a role (“bag of tricks”)
- Denying an attribute
- Suppressing (*controlling*) a desire/trait
- Repressing (*consciously excluding*) a trait/desire
- Depressed (*unresolved past anger*)
- Worried
- Anxious (*how the future will unfold in my behalf*)
- Stressed-out (people, places, things, events, thoughts, feelings, emotions)

Nature of Ego

**Ego is a momentary,
Impersonal combination of mental states.**

There is no one there to be tortured.
From this perspective,
everything takes place
in a state of indescribable lightness,
no longer fraught with drama or terror.
Nirvana.

Inevitable grace: breakthroughs in the lives of great men and women: guides to your self-realization.
Piero Ferruci. ISBN 978 1 58542 725 3

Stress

Please note:

Stress

**is only the brain's response
to a perception.**

Beauty is in the eye of beholder.

Hence, truly, there is no stress
as there is no beauty.

We make it so.

Summary Ego Functioning

- “It” is not the way I want it to be.
- “It” is not the way I think it should be.
- “It” is not the way I think it ought to be.
- “It” is not the way I think it’s supposed to be.
- “It” is the way I want it to be.
- “It” is the way I think it should to be.
- “It” is the way I think it ought to be
- “It” is the way I think it’s supposed to be.

• “I”

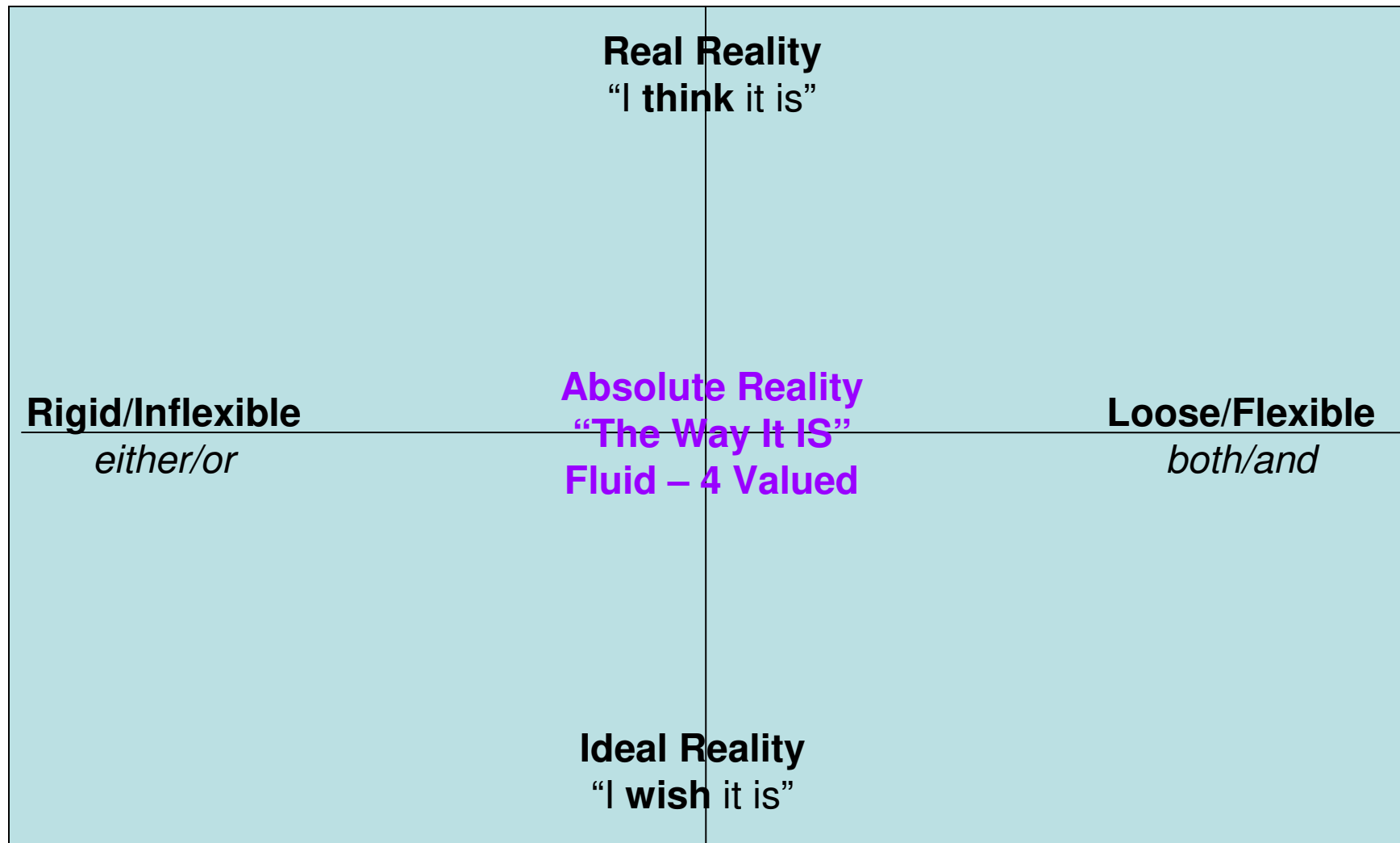
The Way It IS

IS just is the way it IS.

A Fact of Life

- People will do anything, no matter how absurd, in order to avoid facing their own souls.
- One does not become enlightened by imagining figures of light, but by making the darkness conscious.
- Carl Jung, A Psychology and Alchemy (Collected Works 12)

Jungian “Reality”



Absolute Reality

4- Valued Processing

Neither true nor false

Neither 0 nor 1

Possible to be/ Possible not to be

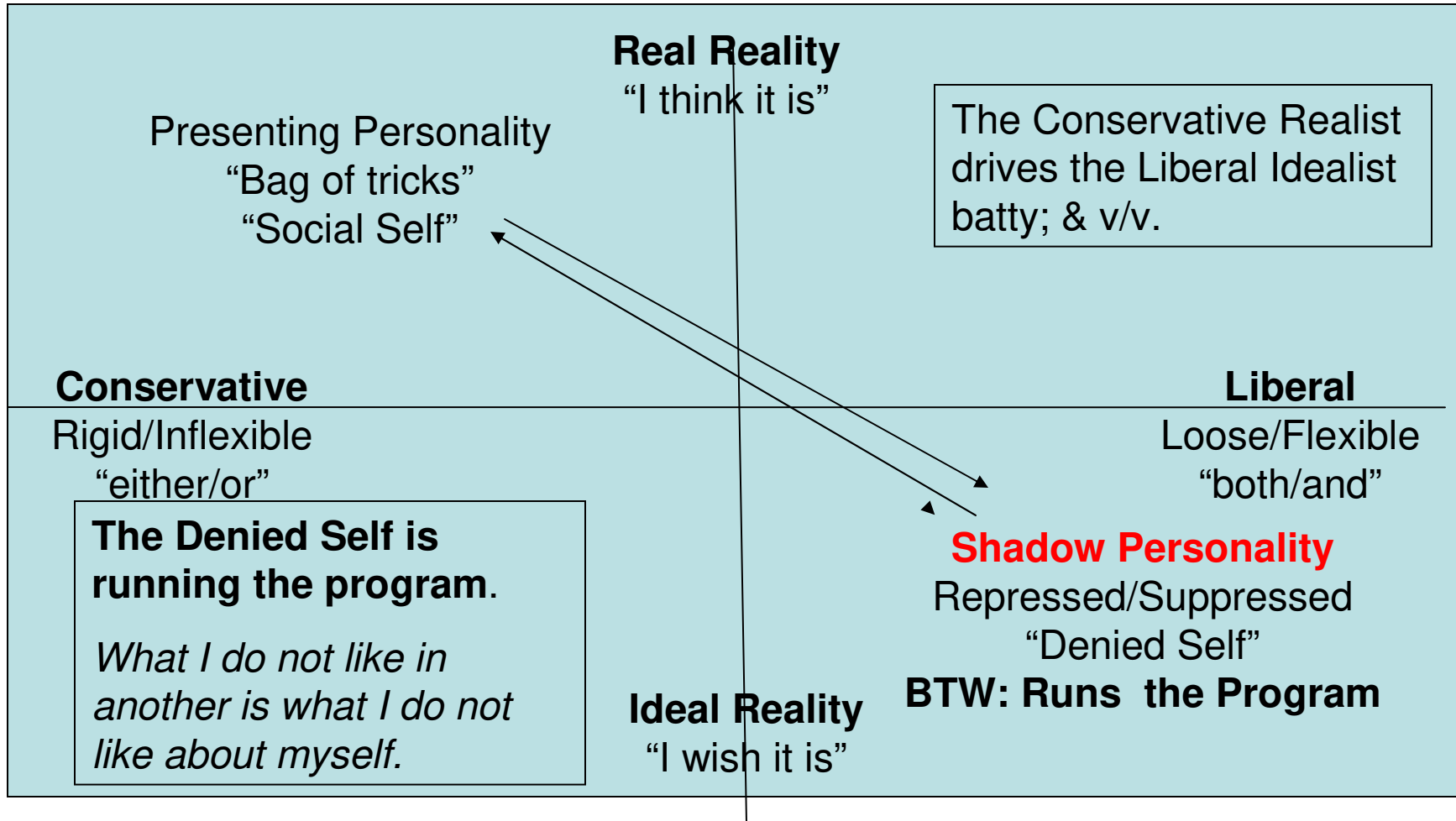
Impossible to Be/ Impossible not to be

**FLUID: taking shape of any container
yet maintaining integrity**

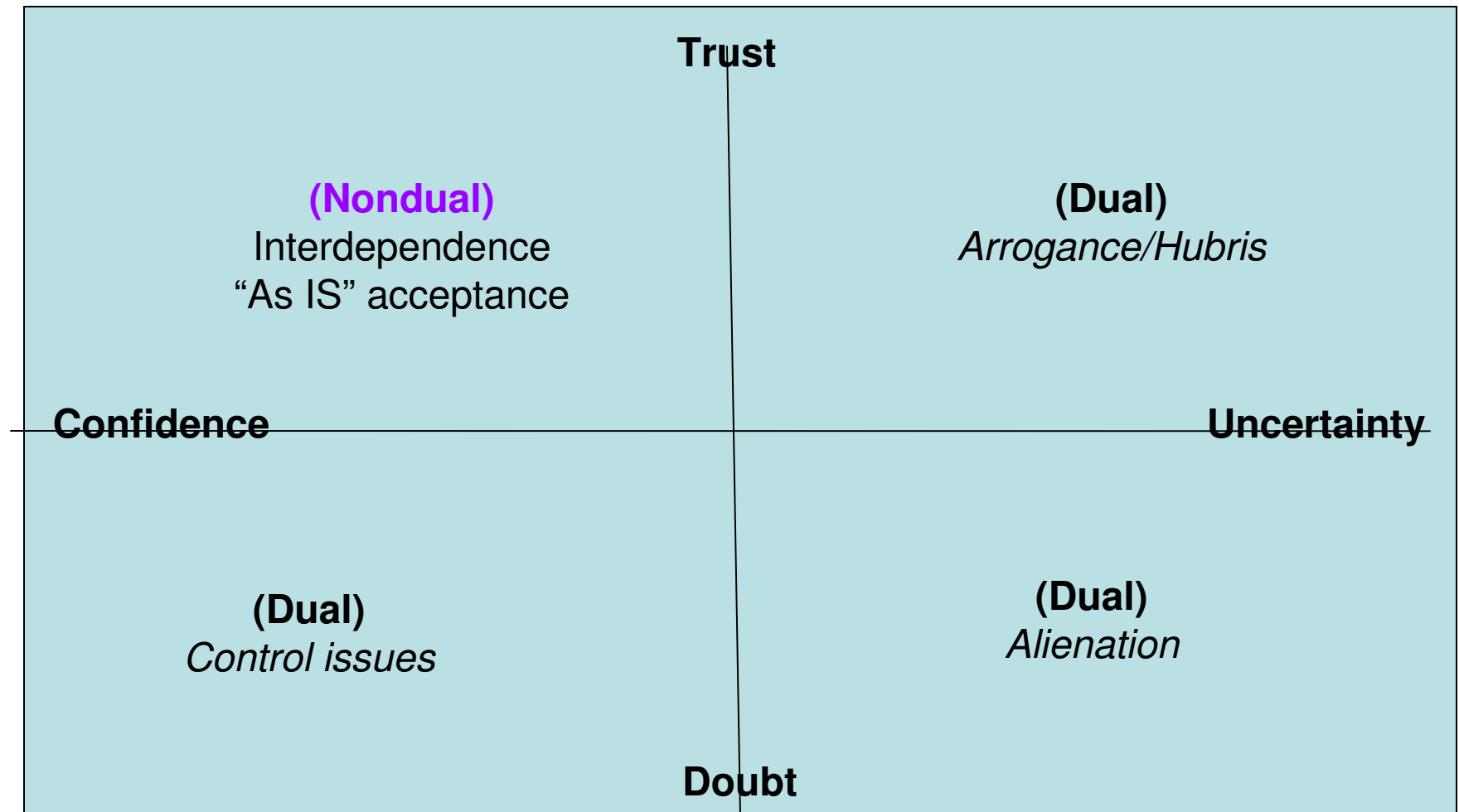
(Water: Crystal Goblet vs Toilet Bowl)

The Shadow KNOWS!!

“The darkness of consciousness”



Human EGO Dual/Nondual Dynamic



If not “As IS”, then

- Arrogance: ego overcompensation for a lack of confidence, yet trusting one is right/knows how (& you don't).
- Alienation: ego overcompensation for a lack of confidence & trust (not worthy, etc.)
- Controlling: ego overcompensation for a lack of trust & an overblown sense of confidence.

What just happened?!!!

- Ego describing itself –
- The “selves” are not, yet are metaphorically;
- just like is Ego is not, yet is metaphorically.
- The depression, worry, anxiety are dramatic productions of metaphoric Ego.
- Hope, peace, joy and sorrow are dramatic productions of metaphoric Ego.

Absolute Reality: The Way It IS

- The moment we are conscious we are happy, we are no longer happy.
- Happiness is just a by-product of an activity.
- The way in is the way out.
- **Be aware of ego functioning,**
- *but a conditioned habit pattern of behavior.*
- Conditioned habit patterns of behavior are just neuronal pathways.

What to do?

- It takes about 30 days to form a new habit, a new conditioned habit pattern of behavior as we make synaptic connections. (practice).
- For just 30 days, become consciously aware of EGO functioning **to form a habit of being just aware even when not aware**— allow (*i.e.*, no repression, no suppression) feelings, emotions, sensations to arise and fade away – like clouds passing that have no impact on the sky.

Yes, Be the SKY.

Love and Compassion

Letting go of ego-centered
conditioned habit patterns of behaviors
opens the gateless door to

Love: accepting all as is without judgment
(like/dislike, praise/blame, good/bad)

Compassion – warmth for all - becoming
spontaneous and self-sustainable in wisdom
(i.e., form is emptiness, emptiness is form)

Which leads to

Equanimity

- Mental calmness, composure, and evenness of temper, especially in a difficult situation.
- **One does not take life or one's life personally.**
- **One does not take one's self personally.**
- One faithfully and objectively reflects reality, letting everything be as it is, and free of egoic distortion.
- One decides in accord reality **as it is:**
 - **form is emptiness; emptiness is form.**

Quantum Relational Reality

Reality is what I take to be true.

What I take to be true is what I believe.

What I believe is based upon my perceptions.

What I perceive depends upon what I look for.

What I look for depends on what I think.

What I think depends on what I perceive.

What I perceive determines what I believe.

What I believe determines what I take to be true.

What I take to be true is my reality.

(adapted from *The Quantum and the Lotus* by Matthieu Ricard & Trinh Xuan Thuan, ISBN 1-4000-8079-7, p. 121.)

One True Love

- “I” have to get out of the way
- True Love is like Quantum Entanglement: somehow two seemingly separate entities are one in the same, impacting one another, within one energy field that holds all other vibrating fields of just energy.
- True love requires other than ego – there is no other,
- **No Lover or Beloved, only Love:**
**I CAN'T FIND MYSELF IN THE OTHER
AS THERE IS NEITHER ME OR OTHER.**

One Love

**“Lovers don’t finally meet somewhere.
They’re in each other all along.”**

- Rumi

Quantum Physics & Love

- At a fundamental level everything behaves like waves of energy and chance.
- If waves truly underlie all of reality, then the rules that govern wave dynamics could certainly give pointers about the dynamics of human behavior, particularly in regards how and why our relationships fail or succeed.

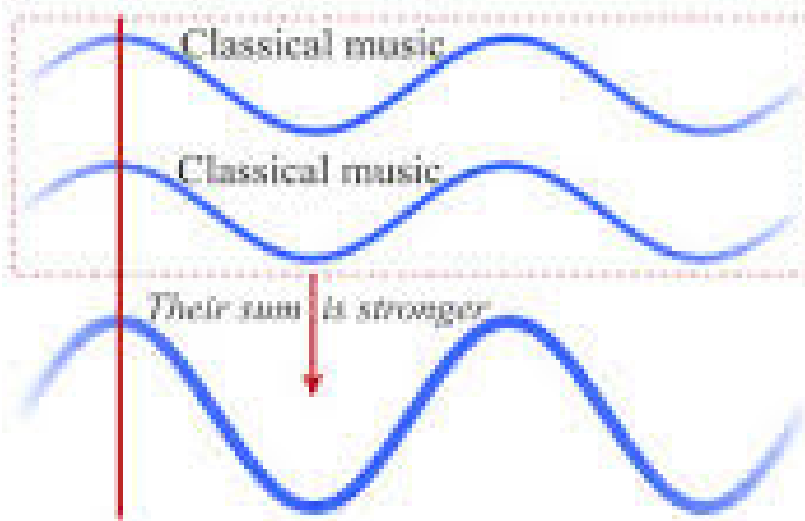
Disturbing Quantum Field

- The more EGO disturbs the quantum field, the less viable may the entanglement be.
- *So the relationship of each moment in the whole to all the others is implied by its total content: **the way in which it 'holds' all the others enfolded within it.** (Bohm)*

Ego Interference

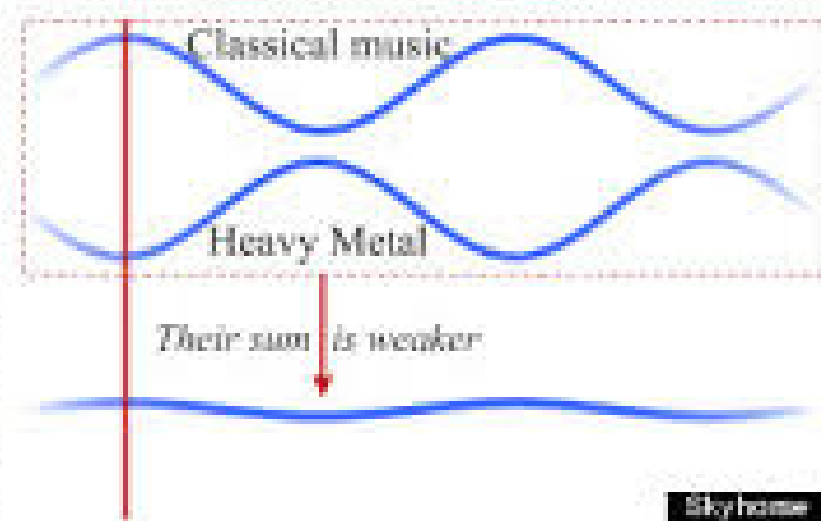
Constructive Interference

When tastes agree, waves are in sync



Destructive Interference

When tastes differ, waves are out of sync



Ego Interference

Constructive Interference

When Tastes **Agree** waves
are in sync

Situation 1

Classical Music

+

Classical Music

=

Constructive Interference

Destructive Interference

When Tastes **Differ** waves
are out of sync

Situation 2

Classical Music

+

Heavy Metal

=

Destructive Interference

Let the Ego GO!!!

Be aware of EGO stuff:

what I don't like

*(thoughts, feelings, emotions,
people, places, things, events)*

is a mirror reflection of me.

Breath IN: Accept, integrate,

Breath OUT: Let it go!!

Ego is Just Ego

Ego is not as such.

Ego is a combination of electricity passing through synapatic connections:

A conditioned habit pattern of behavior.

Ego is neither good nor bad, right nor wrong.

Ego is just a metaphor for another aspect of the human experience: beauty, morality, judgment, propensities – all products of perception and cognition –

ALL IS IN THE EYE OF THE BEHOLDER.

Beauty is in the eye of the beholder.

Metaphoric Loving Relationship

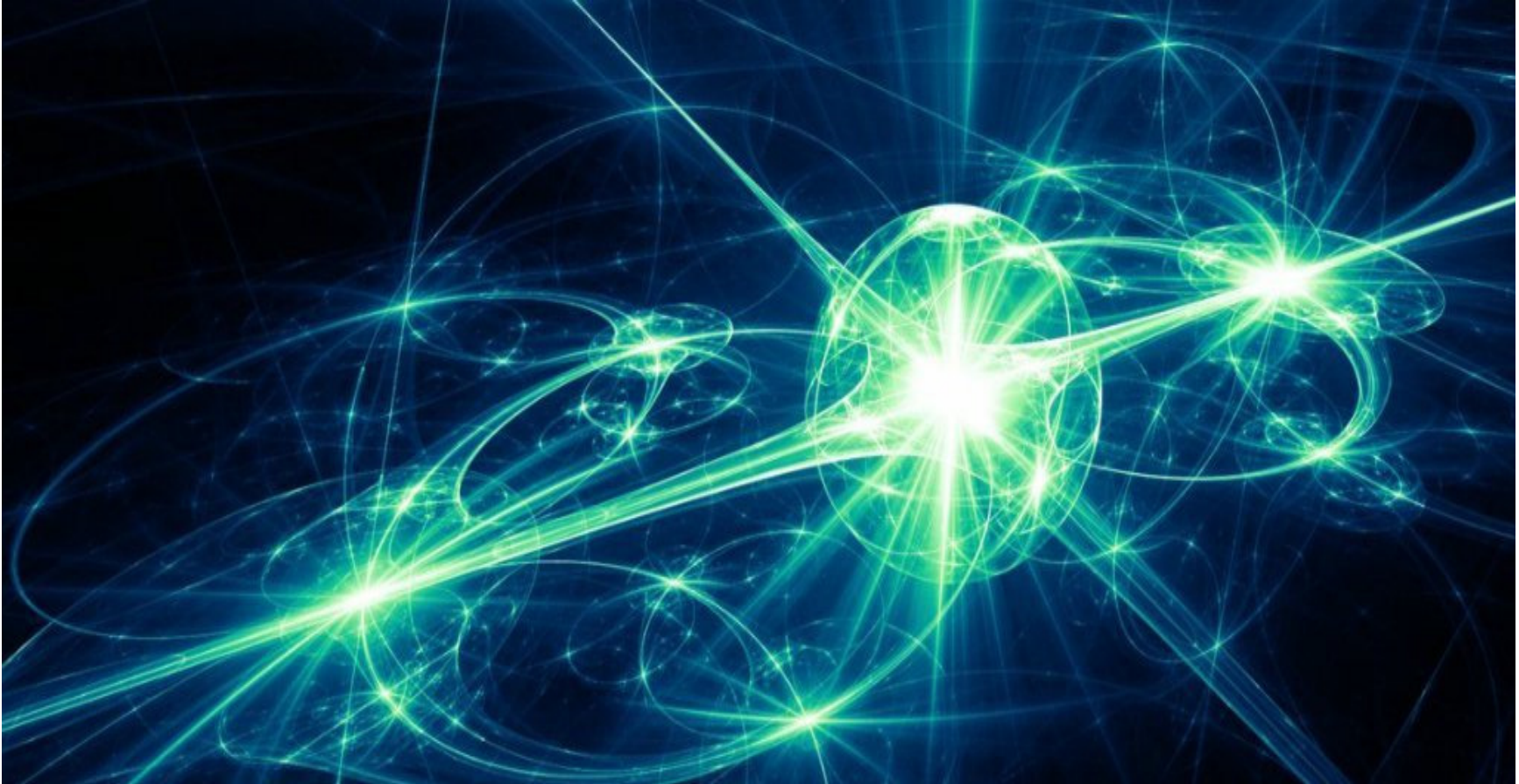
- Falling in love requires that energies coalesce w/ one another. (*Falling in love is not Loving.*)
- **Being in love and sustaining it requires maintaining a sense of oneness.**
- Ask, “What is my partner seeing in me that I don’t see in myself?”
- Appreciate, care about the upset from partner’s viewpoint, invoking a shift of energy.
- “Share what you like with your partner.”

Quantum Love

When our hearts are open,
When “I” am out of the way,
we are in a state that is peace and loving.

We are responsible
for the energy that we bring into our
relationship and
for getting into a coherent vibrational state
We may label Quantum Love.

Nondual Field: Quantum Love



<https://steemit.com/science/@imcrius/another-short-quantum-love-writing>

Human Condition Revisited

The human condition in mind:

Egos vying for attention
from a state of resistance - *whereas*

The human condition in science:

Humans are
just star dust clusters of fluctuating waves

in a field far beyond form and emptiness - *whereas*

**The human condition in fact is
The human condition.**

Concluding Non-thought

Not till your thoughts
cease all their branching here and there,
not till you abandon all thoughts
of seeking for something,
not till your mind
is motionless as wood or stone,
will you be on the right road to the gate.
(Huang-Po)

Motionless Mind: *Just This*

To render bare awareness:

- 1) Inhale: silently let *JUST* emerge (4 count)
- 2) Exhale: silently let *THIS* emerge (8 count)
- 3) After a while, let *JUST THIS* drop away, maintaining 4/8 pattern
- 4) When ruffled, let *JUST THIS* be present maintaining 4/8 pattern
- 5) As with any human endeavor, practice makes perfect. *Just do it!* (Thanks Nike!) or *Let it be* (Thanks The Beatles)

Before you go ...

Just a parting question to ask yourself:

**Who am I being
As I go forth in the world?**

Thank You!

www.zenmonks.org

Mind of a Child

**Blessings and
Peace and Joy!**