

BJ9: Class 7: Chapter 9 An Analysis of What is There Before

Meditation #1 Creating Your World

- Listen to the noise outside.
- You think that noise is out there making noise.
- You can picture where it comes from.
- It comes through the windows, it touches your ears. You walk outside, and the breeze touches your face.
- There is no noise out there. That is why you can hear it, that's why it can touch your face.
- What's happening? It's what we call a projection, a mental image.
- The noise does not come to you. The noise is you. Try to picture that.
- You are the noise through all of NYC.
- You are the whole gathering of karmic seeds and karmic ripenings in this moment, what is that me? Who else are you? What else are you?
- How do you reach across space? The entirety of space is just a picture in your mind.
- How then could you walk through NYC?
- It would be like finding your elbow with your mind.
- So you are the breeze and the city and the walls of this place and all the people inside and all of it is just an illusion.
- Look behind it. What is underneath? What reality does it have besides your picture?
- Nothing is out there. We are living inside a picture. We are the picture.
- So out of that state of nothingness comes your Lama to sit before you. Holiest Perfect Angel Being, with absolutely no nature of Their own.
- And then across from Them is you. Who also has absolutely no nature of their own, and the whole little picture is also you.
- So ask this Perfect Being to give you the nectar of Their wisdom, and because neither of you really exist, they can. Your Lama fills your heart with nectar. They dissolve into you. You and Your Lama are one. You were Them all along. Now you know.
- How would a Holy perfect enlightened being see NYC? What would They be feeling?

BJ9: Class 7: Chapter 9 An Analysis of What Came Before

Meditation #2: An Analysis of What Came Before

- So picture how you normally walk into a room. You open the door. You see the things that are in there.
- Now try to picture what is really happening. Go to the door again. Are you walking through the door into a room? Is there a room out there for you to walk through?
- You think it is out there. You think it has all 4 walls and a roof. You can even see all 4 walls and a roof when you walk in, how possible is that? It is a picture.
- You have indications of a thing. And you paste together this image: walking through a room.
- There is a moment-to-moment experience going on. An interaction between the person and the object.
- It is an illusion, it is simply a moment of experience. Try to picture that. Take yourself through successive moments of experience called walking through the door of the Temple.
- Moments of experience: you walk through. Or, walking through is happening.
- Then you see someone in the room, were they already there?
- You think there is an interaction between you and another person.
- You look into their eyes something passes from them to you. Something touches you, they affect you in some way.
- Cannot be happening. This person cannot touch you.
- Nothing interacts in the present moment. You and your object are a moment of experience. The interaction is an illusion caused by something else.
- So, were they there when you walked into the room?