

Here, now - present, selfless

What is and what is not. That which you call your self, "I", is not. Interconnected oneness is. Past, future - that "I" frets so much about - are not. The present, and only the present, is. All the rest? - projections of an obscured, delusional, dreaming mind.

Beyond this clouded dream? Spontaneously present energy, whose nature is loving kindness. A flowing dance of this energy. Beyond imagination, beyond dependently arising, here and now breathing suchness. Pure, primordial awareness dancing upon the waters.

This energy is by nature free, limitless, eternal. "Thou art that". The thus gone one, the Buddha Shakyamuni, left his body, he did not leave this sphere of life. His bodhichitta continuously pulses through this universe to aid sentient beings attain liberation from ignorance induced suffering. Your shackles are not real, your suffering is an illusion ultimately, you are surely not real. The thing you call "me" changes every second literally. The infinite energy of loving kindness fused with luminous clarity is real. It is Buddha nature. It is your core nature. Liberate your nonexistent self and your suffering fellow beings by walking the path the Buddha illuminated. Be nonconceptual wakefulness, be a lotus blooming. Be thus, here and now.