

Hi Friend,

Thanks again for your invitation to dinner. I really enjoyed talking with you. I did want to clarify something I said and that you said – because I think it is a very crucial point of metaphysical understanding. When you mentioned all people being existentially alone (I hope that I am paraphrasing that right) I replied that I did not experience the world in that way. I was actually very careful in my choice of words (as I usually am when discussing spiritual topics). I was saying that I don't think that all life is an interconnected oneness, or believe that – I mean I literally experience the world that way. I have been fortunate to have, on a few occasions, reached deep into meditation to the point where the walls of seeming separation between I and “other”, me and outside me, have dissolved away. In those moments the experience was of being fully present in the moment and completely interconnected to all life. Those experiences have had a profound effect on me. They created a center of connectedness that has been a lifesaving buoy during stormy times in my life. I try to express that experience of “no separation” in a photo haiku I made a little while back :

One

Mirror image pure,
Empty, no separation
No I, no other.

The Tibetan teacher Tenzin Wangyal Rinpoche says :

“The crux seems to be embracing the ultimate reality that there is no birth and no death, just energy manifesting into form, and then dissolving into emptiness”. In his book No Death, No Fear - Thich Nhat Hahn paraphrases a sutra saying :

“This body is not me; I am not caught in this body, I am life without boundaries, I have never been born and I have never died. Over there the wide ocean and the sky with many galaxies All manifests from the basis of consciousness. Since beginningless time I have always been free. Birth and death are only a door through which we go in and out. Birth and death are only a game of hide-and-seek. So smile to me and take my hand and wave good-bye. Tomorrow we shall meet again or even before. We shall always be meeting again at the true source, always meeting again on the myriad paths of life.”.

Maybe it's because I have always felt so close with nature. Maybe it's knowing that we are manifestations of energy with electromagnetic fields around us that are interconnected with all the other energy fields around us, all life. But I live and breathe with an ever present sense of connection to all the life around me, that I am not truly separate from the world “outside me”. I suppose a Buddhist philosopher would call it Dharma Gaia. I call the experience Oneness. I think it also comes from the realization from studying the Buddha's teachings that at the core of all sentient life is inherent Buddha nature. If our core essence is Buddha Mind then we are literally One, for the Buddha Field flows beyond limits of time and space.

I hope that sheds a little light on what I was trying to share and makes some sense. What you were talking about is a very profound perception of the nature of our existence our life that deeply impacts on how one engages with the world.