

On Oneness, Clear Light, and Lucid Dreaming

Dear Friend,

I'm so glad you had a great time with your sister in Santa Fe. Magical is good. Everybody needs more magic in their lives (and wonder, gratitude, and the breeze of thussness

I never had the experience that you are having of dealing with rapidly aging parents. My mother died of ALS (Lou Gherig's disease) at age 66 when I was 33. She went in a couple of months. Five years later my Dad had a massive and fatal stroke in his doctor's office. I'm glad you are finding a positive experience in your father's growing forgetfulness, seeing the child-like aspects of it. Even when cognitive functions falter, the heart still feels, the spirit still seeks peace.

Glad you liked the quantum teleportation article. I've been experiencing the interconnectedness aspect of the unified field lately. I stopped to rest for a moment yesterday while cleaning shrines. The sudden pause opened a space of being present in the moment for me, a thought of "this oneness is me". Then strongly feeling that connectedness spread out in all directions into vast space, and then the thought "all the universes are of this oneness". Glad the unified field idea came up in your mentorship. It may seem like a vast idea, hard to comprehend. But the oneness is not some cold, static space. It's alive; it's conscious - an ocean of primordial awareness.

No I am not a teacher. Just a longtime student of the Buddhist path, one who meditates a lot on the reality of what I study. I help people on the path when asked to the best of my limited ability. To be a true teacher of Buddha dharma one needs complete realization of the true nature of all phenomena. I am not there yet.

The book I mentioned, Dream Yoga and the Practice of Natural Light, was very inspiring. It isn't just about lucid dreaming, it also teaches about the practice of clear light. The author, Chogyal Namkhai Norbu, is a master of Dzogchen (part of the Nyingmapa School of Tibetan Buddhism) the most ancient practice of Buddhism in Tibet. Dzogchen (also called Atiyoga) focuses on the teaching that purity of mind is always present and needs only to be recognized. The Dzochen teacher Sogyal Rinpoche (author of a book you may find helpful in helping your parents spiritually - The Tibetan Book of Living and Dying [the practice of phowa particularly) defines it as " the innermost nature of the mind". It is also referred to as the innate mind of clear light. Reading the Dream Yoga book led me to reading a book about Dzogchen by the Dalai Lama, which was also insightful.

The Dream Yoga book did seem to bring about more lucid dreams for me. In the one I shared in my last message, I guess the long winding mountain path was my slow progress on the path to really understanding the Buddha's teaching. The flying in that dream may have represented insight and awareness (Tibetan Buddhists talk about a flash of lightning in the dark) that can help one proceed faster to full realization. But it was also a lucid experience. I had another of those recently. I was walking for a long time in a hilly city by the sea. As I neared a channel separating two bodies of land I came up to a tall wall. I was stymied at first by the wall, but then lucid awareness kicked in, and the awake part of my mind thought (Oh yeah, flying!). So I flew over the wall and across the city on the other side of the water.

Glad your drying sheets gave you some time to correspond. It was really nice to hear from you. May your de-cluttering project proceed smoothly. I know such projects always make me feel better. Take care. May the blessings of clear light's jnana rain gently down on you.

Jnana - enlightened wisdom

Dear Friend,

" I thought you might be interested in quantum entanglement. The specific article that I read is at the URL : www.cnet.com/news/scientists-achieve-reliable-quantum-teleportation-for-the-first-time/ The parts I was most drawn to was "entanglement, a quantum phenomenon in which two particles, separated by any amount of distance, can instantaneously affect one another as if part of a unified system.". Reading that made the whole notion in physics of unified field theory click for me in terms of Buddhism. In Rational Zen, Thomas Cleary translates a Zen teaching "Guangfan : someone asked "What am I? Guangfan answered "there is nothing in the whole universe that is not you". To me that is another way of describing the dharmata, the Buddha field, the suchness. We are interconnected because we are all part of a unified field. We are the field."

I've just started a new book entitled Dream Yoga and the Practice of Natural Light (by Chogyal Namkhai Norbu). I am drawn to learn more about this topic because I have been having more lucid dreams as my practice has deepened. In these dreams I walk through cities, through hills and mountains. I fly sometimes. Sometimes I walk by the seashore, where the water is completely clear and I can see the fish swimming around like looking through the glass at an aquarium. Sometimes I look up when walking in hills and seen great green mountain sides with numerous waterfalls cascading down them. The other night I was on a mountainside. A path had been carved into the rocks with a railing added. I kept winding up the mountain for a long time. I finally stopped and said "wait, I can fly". I jumped over the railing and flew up into the sky. I think the elation I felt in the dream was a combination of soaring into the sky and the realization that I was aware during a dream state. I'm interested in seeing what new things I can learn from this book.

Of course there is a more direct path to connection. Have your heard of quantum entanglement? Scientists are finding particles showing connectedness over great distances - able to alter each other's conditions over great spans of space. To me it is like that quote of Pema Chodron's I shared last time "when we touch the energy of the moment self-existing openness comes to us". Oneness and interconnection of all life is our literal reality to me.