



Illuminating the Mind: Exploring Buddhism and Science with the Dalai Lama Guided Meditation with Tsoknyi Rinpoche

Tsoknyi Rinpoche (00:09):

[foreign language 00:00:09]. Happy to be part of this program. Today, we're going to explore our basic identity. Might be I or self or ego through an investigation inquiry. We are trying to see whether there is ultimately reify way or self or we are carrying simple mere functional eye and what kind of perception are we are perceiving through our reify eye or simple, beautiful functional eye. So we're trying to explore that and I'm trying to guide through that kind of meditation.

(01:34): Before that, every time we meditate, there's a basic practice of samatha practice we call or calm abiding which means trying to bring calmness in ourself and also we're trying to connect with the peacefulness part of our feeling and we're trying to connect with our basic warmth of our love which I call essence love. We're trying to practice this first. In order to do this, we have to drop our hyper over sensitive mind into our body. Long breath out. Drop into your body. The conceptual mind, thinking mind. Just land into our body and aware of our physical body the groundedness. Connect with our feelings, basic wellbeings and relax. Don't worry. Feel okayness in our feeling. Relax with that.

(03:57): And you slowly aware of our basic identity I or self or sometimes we call ego is that very solid, reify way always more fluidity way. Just observe and aware of it and relax with that. In general basis of our physical stature. Five skandhas is just named based on that I and me as a subject. And through that lens we see phenomenon as a object and because of self grasping, reifying solid eye and we see what we see through that is everything is very solid outside. We grasp on that through five sense and sensory objects, all the objects and subjects are impermanent, changeable, flexible, dancing, mere existing, simply exist in a beautiful way.

(06:53): Just experienced that lightness, that openness, that fluidity. Try not to own it. Just be with that, with that openness. When you be with the actual fact, there is a freedom it rises. Freedom of fixation, freedom of reify eye and objects. Just enjoy that moment in the present moment and relax. Nothing is solid. Nothing is independent. Everything depend on something. I cannot function singularly, independently. Because of that, there's no solid I or independent way, reify way.

(09:22): Because of that is real nature is openness or emptiness. Just allow that openness and keep the mere functional, beautiful eye. Simply just designated to the body and feelings not in the ultimate way. Relax with that understanding. We are connected with everything. Everything is connected with us. So no need to hold back as a single reify fixation way. Through this practice. Through this analysis, we come to understand everything is a mere existence. Nothing excess inherently including the eye and the object of the eye and the perceptions, feelings.

Everything is changing. Everything functions based on cause and conditions. Everything is depend on each other.

(12:22): We are well connected to everything just aware of these connections. Relax with that understanding, with that feelings. Normally, we carry simple, beautiful, functional eye we call mere eye. But we misunderstood. We grasp on self and others. We reify. We make everything very solid and frozen and limited way and we suffer unnecessarily. And this suffering should go away. Just happily perceive there's a eye in the relative way. In order to function in the relative world we need something here called eye. But that eye is also merely exists. But we don't perceive this way. We perceive everything very rigid, solid [inaudible 00:14:27] aware of that and relax.

(14:38): Feel that rigidness. Feel that reify. Be kind to it as a misperception. Very important to aware of that grasping feeling. Just say hello. Feel that. We need some kind of designation. We need some kind of to hold on something, but we did too much. Many of our human suffering is holding too much on self grasping, ourself. Our ego almost become the permanence. We lost the human. We lost the relaxation. We lost peacefulness. We're trapped in this frozen eye. And aware of emotion around this frozeness.

(16:27): So many other things are lingering hope and fear, resistant, rejection. Aware of those emotions. Stay with that. Be kind with that. Relax with that. And time to time, think and investigate. Through this practice again and again we will experience some kind of openness. And through this openness, we see our world very beautiful way. This magical world is so beautiful. Enjoy that, experienced that and I appreciate that.

(18:07): You were locked into the reify eye. We see world in frozen way. The phenomenon is so beautiful, but what we perceive in a negative, frozen dark way. The world is not a darkness. The perceiver perceives that way because of holding on too much on self grasping. Aware of that misunderstanding and emotion around this misunderstanding. Be kind to it. Relax. Otherwise if you hold too much on reify eye, eventually, it produce self center cherishing because we don't feel openness and joy and kindness and we want happiness because of darkness of frozen in our reify eye. And we claim happiness from our sight. To me, I need, I want, I should have.

(20:08): And third eye builds up. It call self center cherishing eye. The mere eye lost and captured by reify eye. And how to reification, how to reify eye than the self center cherishing eye more. Aware of that selfishness, need to be happy. Neglecting everything else. And this is a source of another suffering. Aware of that. Be kind to that self center selfish eye. That eye is also not solid. Relax with that. That self cherishing eye is also impermanent, singular, interdependent. There is a space in that eye also. Find that space. Find openness within the self cherishing eye. Self center cherishing eye. Come back to the mere beautiful eye.

(22:05): (silence)

(22:25): If you can practice [Putchita 00:22:33], loving kindness, compassion to yourself and to others. We must relax reify eye and come back to the mere, functional, beautiful eye and see everything that kind of offering beautifully. And then we will have intrinsic essence love and human and openness. And that is very precious to me. I think for this gift to mankind.

(23:45): We have that. We have inner strength. This district. Through the inner strength, we can encourage thousands, millions people in the world, eliminate their suffering, eliminate unnecessary suffering all connected with independent self grasping fixation. We have to like one

tight thing have loosen up and find space and openness and fluidity because of object of our perception is also magic like display but we perceive solid way. That's why we're having the unnecessary suffering. Basic suffering we have to go through but it's unnecessary suffering all connected with self grasping and aware of that. Relax and through understanding, through meditation through gentle effort, practice everyday and we will make it. We can find inner peace and this inner peace is offering to the world. Thank you so much.