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TO: ~~Prison Ministry, The~~

SUBJECT: mp73 Rest in the Openness of Mind

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mp73 Rest in the Openness of Mind 7-19.14

Our Buddhist group is reading the Norman Fischer book Training in Compassion which is his contemplations on the Tibetan Mind Training sayings called Longjon. One of the early ones that really speaks to me is "Rest in the Openness of Mind." While Fischer uses it as a focus on sitting practice, I find it most helpful in my day to day - not sitting practice - (life).

"Rest." I am so focused on getting some where, doing something, becoming someone. Rest reminds me that I have all I need here. Stop grasping. Rest in what is here in my body, mind. Here is where rest is. Here is where freedom will be found or not. There is no there, only here now. I don't need to read another book on mindfulness, recovery, religion, or humanism. I have all that is needed for my spirituality, my wholeness, my freedom right here now - if I turn toward it with appreciative awareness. Rest reminds me to appreciate the "thus'-ness of my own experience with out straining for "that."

"Openness." Oh, how I resist pure openness. I come to life with all my conditioning fully engaged - rigid ready for a quick response. I know the answer to that question. I know that person is like this or that. I know what I want. I know what I don't want. I need more of that. I need less of that. My body is tight with the karma of past desires and fears. Oh how I need the gentle reminder of openness. Letting go of hair-pin anticipation and relax into the next moment. Seeing a friend and being for them (not in my head thinking of the next thing I should say). Not "knowing what will transpire but expecting the unexpected. Looking at what is in fact in front of me, no seeing with old eyes - like an old image burnt into a lens which projects a shadow image over whatever the lens views. I project past memories of conversations on the present. Openness urges me to resist these corruptions. Pay attention to this moment's sunshine on their face. This moment's crease of skin on their forehead. Because in this moment's materiality lies where our consciousnesses can meet.

"Mind." Consciousness. How much progress we have made in understanding of the world of science, cosmos and material world, yet the mechanism of this advance (our consciousness) resists similar inspection. But one thing is clear. My ability to experience life with some sense of clarity and hope lies within my own choice of how I choose to use my conscious mind. The extent that I experience suffering and freedom within how I approach my thoughts, feelings and sensations. My choices will to the degree I choose wholeness produce freedom and to the degree I choose unhealthily will produce suffering.

Open

Mind

Rest

Breathe in life, not-knowing, flexibility, uncertainty

Breathe out rigidity, knowingness, rightness, certainty

Breathing in freshness, new-ness, you-ness

Breathing out already done that, I know them, he is so like that

Trust appreciative awareness right here, now.

Appreciate the qualities of her eyes in this breath,
letting go of the memories of past eyes.

Focus on these words,

ignoring remembered words.

Aware that this moment will pass too soon - ~~in fact already past the moment~~

Savor it for its rareness.

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