

The Mind Game

And The Soul



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The Buddha was deeply saddened by what he had seen. He saw that human beings were just human beings, incapable and unwilling to seek liberation from the suffering of human existence. Suffering was OK, as long as life had some pleasures in which to indulge, some pleasures which allowed them to forget. They were just human beings, and liberation would mean an end to everything they treasured. What kind of person could make that great effort?

He looked at himself and looked at all the various mendicants who had given up everything to seek liberation.

It made no sense. They only wanted to play mind-games. They talked well, and everything they heard about the path to liberation was transformed into a mental concept, and became a mind-game. They made sure that they would not change. Such was the power of the mind.

Such a mendicant approached the Buddha to discuss philosophy and the Buddha remained silent. The mendicant had all the philosophical knowledge and was a great intellect. Finally, the mendicant had nothing more to say, and there was a long pause.

The Buddha spoke, *“Why do you speak philosophy? Isn't liberation important to you?”*

Of course liberation is important to me. I have given up everything to seek liberation. You can see I am a religious mendicant and have nothing.

But your mind is filled with everything. You hoard your wealth there, not in worldly possessions. Inside, you are very wealthy man. You know everything about the path to liberation and speak well, but I see that you are still just an ordinary man. Why have you not found the Jhanas.

I know all about the jhanas. What do you want to know?

I want to know why there is not a first Jhana corona of light

around your head? You may know everything in your head, but I see that the transformation has not begun.

I have heard of this corona of light, and seen it depicted in statues. Do you think it is real? I thought it was symbolic.

It is more real than your are. You may speak of jhana, but when you do it, the first Jhana corona of light appears around your head. Your body is filled with rapture and bliss. Worldliness begins to disappear.

I have heard of all these things, but I don't know how to do them. I know all the techniques and have tried them. Nothing works, so I have just accumulated great knowledge. Now, after so many years, I know everything, but I can't do anything. Do you have a technique that is different?

Yes, we want the truth, not a mind-game. So, do you know what you are? Have you seen who you are?

I am my body and mind.

How do you know?

Because I can feel myself. I can feel I am in my body. I can feel myself when I think. I can see my body.

When you feel yourself in your body, what causes that

knowledge?

I am not sure. What causes any knowledge? I see something, and then I know I see it. I read something, and I learn. I hear your words, and I understand. This is how we learn and know.

Yes, we use our senses and our mind has knowledge. It is a simple process as you say, and we are very skilled in knowing. Is there anything that is not this process of knowing?

This is a deep question. I am not sure I know the answer. I have not thought about such things.

When you say, “I know”, and indicate with your hand that you know. Do you point to your head, or do you point to your heart?

I point to my head. Sometimes I point to my heart also, but not as often.

Why do you do that?

I am not sure. I think I point to my head, because this is where my mind is. My thoughts are here. My senses are also here. I think I point to my heart, when I feel things. Deep things impact me at the heart.

You don't point to your neck, shoulders, stomach, or legs do you, and say, "I know".

Haha, Yes you are right! The only reason I point to my stomach is to say I am full of food.

So, we know that the "you-feeling" is both in the head and the heart. Do you believe that you are in two places?

Oh, you have strange questions. No, I don't believe I am in two places. But you are right. I indicate my knowledge in two different places. My body must have two different places to feel knowing. But these places are probably not me.

Right now, do you feel you are just behind your eyes, inside your head? Do you feel you can easily see, easily think? It is all right there in your head?

Yes, I see what you mean. I am centered in my head.

You are not your head, so what are you doing there?

I must be there gathering knowledge, using my mind and senses.

Do you think liberation is to be found in your head?

But my mind and body are the only thing I know.

Right. The mind and body are the only thing you know. Why have the great liberated beings of the past and present called it liberation? Is liberation going to be just another mental event, another mind-game, or is liberation going to be something else?

This is very confusing. Of course liberation is going to be something else, but there is no way to find something else. We only have our mind.

But isn't this why all the techniques have failed? Weren't those techniques just mind-games? And how could a mind game produce liberation from all mind-games.

Yes. I see your point. All the techniques were mind-games. I knew that in my heart. In my heart I knew that. This is why I stopped searching and just studied the philosophy of it. This is a very sad thing to see. All of the mendicants are the same. We have all hit this wall, and become philosophers. We talk of wisdom, of liberation, but it is just talk. We really know nothing.

Yes. All the techniques are mind games. What is it that would not be a mind-game? If you look at your life, was there anything that was not a mind-game? When you reincarnated

into this body, was that a mind-game?

I don't remember reincarnating into this body. But speaking as a philosopher, I don't think that the mind starts functioning until the soul enters the body. The soul brings life to the body and mind. The soul would not be a mind-game, but I have no knowledge of the soul.

Are you the soul or are you the body and mind, which the soul enters?

I must assuredly be the soul, which enters and gives life to this body.

Yes. And if you truly are this soul, and you have come into this body, how could you not know who you are?

This is the amazing thing. Everybody knows they have been reborn here, but we lose consciousness of who we are and only have the mind-game. I don't remember anything about the soul.

Isn't this why all the techniques are just mind-games? We have forgotten who we are and only play mind-games.

Yes, this is reasonable. It has been my experience. I only know mind-games, and when people talk about meditation techniques, they only talk about mind-games, so this is the

problem. Is there anyway to find the soul, find who we were before we entered the body. If we can, we can release ourselves from the mind-game, I think.

This is reasonable. The soul should have a memory of coming into this body-mind, and should have a memory of how to leave. Normally the soul, once inside the body, becomes trapped, and only death releases the soul. Then the soul hungers for life again and you reincarnate. We are discussing the possibility of finding the soul again, and leaving this cycle of reincarnation, are we not?

Yes, this would be an incredible discovery! This is what the philosophers speak about, but are unable to do. Do you know how?

Of course I know How, but this will not help you. You must find out how for yourself and do it. So let's experiment and see if you can learn how. If I were to ask you where you are in your body, and you point with your finger where you are, where do you point?

I point to my head.

Yes. If you feel you are in your head, would it be reasonable to assume that maybe your soul is now embedded in your head?

That is a reasonable assumption, I think, but this seems too easy. I have never heard this before, but it seems too easy.

Yes, but this may be easy. We may just be making it impossible, because we hunger for life's bondage, not for freedom.

Yes, I understand. We have continued reincarnating, and hunger for another life, and even if I can locate the soul, I may prefer to live inside my head, to remain a philosopher. I understand this problem intellectually.

So the next question is how to withdraw from your head. You already know how to enter into your body, having done it forever, but now you have to remember how to withdraw. What would it be like if you withdrew from your head?

Just philosophically speaking, I would assume that the soul gives life to my mind and senses, because it locates itself inside my head, so if the soul were to withdraw from my head, it must go outward in some way, away from my head. The soul would have knowledge of withdrawing, and the thoughts, the senses, and my head would be felt at a distance.

Yes, it is like an archer or an archer's apprentice practicing on a straw man or mound of clay. When you are a common man, your soul is inside your head. When you begin jhana you are like an archer. Your soul is disentangling itself from

the mind and senses, withdrawing. Your body is just a lump of clay, or a straw man as the soul withdraws. The soul's light illuminates the lump of clay. Then when the light penetrates the lump of clay, the bliss waves of the first three jhana's begins to be experienced.

After a while you will be able to shoot long distances, to fire accurate shots in rapid succession, and to pierce great masses of the straw man, the mound of clay. This skill begins the jhana liberation.

So the soul moves? It moves away from the body/mind. This is not a mind-game, I think, but I have never done it. How is one to do such a thing?

My friend, your soul moves constantly. You already know how to move it, but you restrict the movement inside your mind and senses. Your soul is not attached to your body and mind. It separates instantly, just as it moves inside the mind instantly. Your brain has a thought and your soul is instantly moves there to illuminate it, so you can know the thought. You see Me, and your mind creates the space to me and your soul moves within that space to reach me. Then it returns to you, and you have the feeling of seeing me. It is the same as when you are walking down the road and you see a man driving an ox-cart. The moment your soul touches that man, he turns to look directly at you. His soul knows you touched him, and his soul knows who touched him, and the man turns

to look directly at you. He does not look anywhere else but just at you. Have you seen this happen?

Yes, this is so exciting. I have had this experience. But I call this event my attention. Are you talking about attention?

Yes, you can call it attention if you want. I am just using common words so you can understand jhana and do it. Within attention is your soul and the timeless Buddha, Vairochana. Liberation is already within you, already inside your attention, already inside your soul. So to begin you must understand who you are, where you are, and then withdraw, slide out, slip away.

Amazing! I understand your words completely, and I have never heard such things. You have shown me how to see who I am and where I am. And you say I already know how to withdraw, because I have been entering bodies forever. Now I need to remember how to leave the mind-game. Do you have anything that will help me remember?

OK, let's do this. Go out to the horizon on your left. Your attention goes there. Now stay there. Don't allow your attention to return. What would it be like if your soul was there, such that you felt like you were there at the horizon? Remember, don't come back. Tell me what you begin to feel?

I feel like something has moved to the horizon, and I feel my

body sitting here. The left side of my body is going numb or tingling. I am not sure why? But it feels like the soul at the horizon is causing it. It has something connecting to my body and where it connects I feel a numbness and tingling.

OK. Move yourself fully to the horizon, and from the horizon look back and penetrate your body with illumination. Penetrate the body-mind, and what happens? Let your attention go, let your mind go, and relax.

Oh, this is strange! I let everything go and I feel at a distance. It is like I am in two places. The numbness has changed and there is an orgasmic feeling inside my body. It is coming in waves of ecstasy throughout my body. I can't move.

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