

Reminder October 2011

There are two factors, which when we recognize and accept, can enable a really decisive and significant transformation in our life. One is the recognition, that the dynamism of life is happening through the ongoing change, an ongoing flow, and that everything is in a 'wave' like process - in a process of movement, in a process of flux! We are used to living with an idea or a concept about reality which is 'static'. Our mind labels and fixes all the impressions in to certain 'static' pictures and concepts. In this way we create knowledge, form an idea of ourselves and the reality, which in fact is not, how it really is.

What we need to become conscious of and recognize is, that in reality everything in life is in an ongoing flow, in an ongoing change. As we allow this remembrance to deepen in our living, it can indirectly contribute towards a quality of creative aliveness and harmony, because then we can see, that our tendency to hold, to fix and settle - howsoever it gives us the appearance of solidity and security - is not based on the true nature of our reality and thus can open us towards the beauty and intelligence of the deeper dimensions of our reality.

To accept this fact, that everything is in an ongoing process of change, of flow, is one aspect. The second aspect that is valuable to bring in to our attention is also very much connected with the first one, and that is, when we consider, recognize and accept the fact, that all our knowledge, in a deeper sense, is only 'peripheral'. We know few things about and around different aspects of life, and this knowledge is useful for the practical, functional aspect of living. But, the more you become alert and observe, the more it will become clear to you, that our knowledge about oneself and each other - our knowledge about the deeper aspects of the reality - is not a real understanding, it is in fact more of a 'projection into the reality' and not the truth. When this aspect gets clearly recognized by you and you can accept it and live with this remembrance without holding to knowledge - without trying to settle in concepts and beliefs, without trying to label yourself or the other in to some fixed idea, a fixed image or a fixed role, etc. - then you will realise, that it is opening you to the experiencing of a different quality of perception and understanding, that is liberating and enriching your life.

These two aspects are very basic. In the recognition and conscious acceptance of these factors we are allowing a great opportunity. The acceptance which when included as a remembrance and assimilated in to our day to day living enables a deeper insight which is not just a knowledge, that one collects and puts in the storage, but is something that becomes an 'alive reality' in us. This remembrance, this alertness creates a very valuable basis for a healthy development - a deeply creative and celebrative quality of living. In allowing the flow, we are also allowing the recognition of the fact, that the knowledge and the judgements we have about ourselves and others - which often arise automatically in us - is not the truth!

The fact remains, that this life process which is constantly moving and changing and is so ungraspably alive, can not be reduced and fixed in to some 'knowledge'!

These are the two aspects, which are also the orientation in the following reminders that help in a playful, but pragmatic way to deepen and allow these insights to become an alive factor of life. It can become a very valuable contribution in our way of experiencing, interacting and enjoying life in a healthy way!

The **first reminder** for practical application is: Whenever you are drinking water, tea, coffee or any other liquid, after the first sip, take a little break. Remind yourself of a fact that the liquid you are taking in is flowing into the body, supporting the circulation and the ongoing flow of the blood, contributing towards the aliveness of the body and our well being. There is an ongoing purification, an ongoing cleansing and clearing taking place within the body, through such an ongoing flow. Recognise that the 'flow' is one of the basics of the dynamism of life; feel also the ongoing movement, ongoing change, ongoing 'flow' of life energy in the form of the breath. Inwardly not holding to anything, allow yourself to be with the flow of the life energy. Be with this inner quality of 'flow' for some moments! Let it become a deeper recognition in you! Feel it..... In this way, each time you are drinking something, take some moments to let this fact of life to come in to your deeper recognition. With this remembrance, that everything is alive and dynamic while it is part of the flow, inwardly not holding to anything, consciously allow the flow also within. Let this become a support to enhance the quality of aliveness and celebration in your life.

The **second reminder** is: about non-clinging. Not to cling to any concepts, nor knowledge by recognizing that whatever we know - especially in human relationships about the other, or about oneself - is based mostly on conditionings, certain impressions and standards which we have collected combined with the influence of the positive or negative experiences of our past. Howsoever relevant such a knowledge may be for our practical living, in reality, there is something deceptive about it, because we are trying to fix ourselves and fix others into a conceptual solidity, which in fact is not so! Everyone is going on changing, each of us is in an ongoing 'process' of learning, growing, ripening. Each moment there are different impressions, different experiences, which are affecting our life, which are determining our way of looking and seeing. In remembering this, while you connect with others, you support yourself and the other indirectly towards a quality of authenticity and aliveness. As long as we fix the other in a role and put a label - which very often is our normal and not so conscious way of going about - then we are also creating barriers for the other to open and be with the dynamism, be with the mystery! It has a certain kind of blindness about it, when we fix a label and believe that the other is so. An important aspect of it, which mostly is not so consciously considered, is also that when we fix the other in this way, we are also fixing ourselves and this adds up towards a subtle inner stagnation. This second reminder is about bringing such an inner wakefulness that helps one also to open and grow in creative connections with the others.

Each time, you meet another human being, observe all the automatic reactions, which are activated in you - all the thoughts, all the judgements, all the undercurrent feelings, all the concepts and labels, that arise etc.. Noticing all these, remind yourself of the basic fact, that deep within you don't know, who the other really is?! We have these impressions, we have some concepts, we have made some pictures of the other based on the past experiences and associations, but in reality, do we know the other?! Remember this and stay with this inner state where one is not caught in any 'knowledge' as wakefully as possible. This is a very valuable foundation for a sensitive and sympathetic way of being with oneself and the others.

Through that you are giving yourself and the other 'room' - the space, to open up and flower. Such a remembrance helps us also to become naturally respectful towards each other, since it is possible to see, that we are not just these concepts and beliefs, which we are holding to and

identifying with – we are much, much more – we are part of a great, deeply interwoven mystery!

Our mind can not and we also should not try to reduce it all in to some kind of 'knowledge'. The more we stay inwardly wakeful, the more it becomes clear and transparent to us - what limitation our mind and the resulting knowledge has, and also how tremendously significant it is to be able to be a conscious, compassionate and creative part of this life process. It also helps us to realize what it means to be 'present' in our human connections, and how such a quality of 'lived presence' becomes a blessing to oneself and to each other. Living consciously becomes a support for a healthy and harmonious living – enabling us to experience this life as a blessing and not get lost in the misunderstanding as if it is a burdensome struggle! It appears to us as a burden, as long as we don't encounter life with a deeper alertness and look at the nature of our reality itself.

Bring these two reminders carefully in to living and see that each of these reminders is applied and practised at least seven times a day. Each time you drink anything, if you can bring the remembrance, that is the best. But sometimes, if you forget it or some other difficulty is arising, accept it, yet, with a playful but also determined approach, bring the remembrance at least on seven occasions during your day. For the second reminder, while you meet people, even if you may not be going in to deep conversations or interactions - some times even just looking at another person there may be thoughts and feelings, associations and labels etc. arising - allow an inner wakefulness in these interactions to be a step towards a deeper inner remembrance and introspection. That will be very valuable. These are the two reminders to play with, to work with and to celebrate.....!