

Note on cultivating the light seeds...

From TSK:

The lower space we live in is not a solid and continuous place. It changes, becoming more or less open, with each single thought. You have probably noticed that some thoughts, books, and images make you feel refreshed and light, whereas others drain you. This is an example, on one level, of the change that is constantly occurring.

It is important to be sensitive to such changes, so that we can follow up on the healthy one while letting go of the others. With more 'knowingness' we can make these subtle judgements, and take care of ourselves properly. This is genuine self-healing and self-nurturing. Even beyond this, we -Great Knowledge- can transmute everything, making it all healthy'.

***Dao Yheng: another one for the list -- maybe tonglen practice itself?** As you breathe in, take in and accept all the sadness, pain, and negativity of the whole world, including yourself, and absorb it into your heart. As you breathe out, pour out all your joy and bliss; bless the whole of existence.

I haven't made a concerted effort to sit and 'do Tonglen' in a long while. The way I work with this is along the lines of instructions regarding using triggers for 'using dreams to awaken'.

If I hear sirens, I often lapse into Tonglen.

The TSK quote above has relevance here, because it describes Knowingness itself as being, already, healing... so it becomes more about accepting Completeness... using visualization as a tangible tool to relax what is/seems in the way of seeing clarity.

Remembering that "we" can't help anyone, and further perhaps that there is no one 'else' really.

Then Knowing That, from the expanded place of stirred compassion one can: "As you breathe out, pour out all your joy and bliss; bless the whole of existence" as a gesture