

"Regard all dharma as dreams" and "Two activities: One at the beginning, One at the End"

Judy Lief says about the slogan 'regard all dharmas as dreams' "This slogan challenges our desire to make our world solid and reliable—solid objects, solid self, solid views, solid ideologies, solid opinions, solid relationships, solid everything!"

To me seems like recognizing impermanence, not attaching to things and lightening up on our grasp of how we want things to be, what we want to be true for us and resistance to what actually is.

"Two Activities: One at the Beginning, One at the End "

"You promise not to blame the world and other sentient beings and to take their pain on yourself. When you go to bed, you do the same thing. In that way both your sleep and the day that follows are influenced by that commitment. " TRungpa

It's about making a specific daily commitment isn't it, rather than a vague, wooly intention? So what are we committing ourselves to? Trying not to fall into states of anger, desire or ignorance, it seems. Or being self-centred. We can see this as we review the day's activities and notice where we could have been more helpful to others instead of thinking of what we could gain from them, or mentally criticizing their faults. No place for guilt though - that only reinforces ego by putting 'me' center stage again.

Or keeping the two Boddicittas, as McLeod recommends:

- **"Relative Bodhicitta**, universal compassion and kinship with all sentient beings
- **Absolute Bodhicitta**, the direct perception of the falsity of our usual limited and conditioned world-view and of the pure unbounded nature beyond those limited concepts." (which sounds very like regarding all dharmas as dreams)

Lately I have been practicing i/2 hour or so lying-down meditation before I struggle out of bed in the mornings. I think this is beneficial so long as I don't drift off to sleep again but remain in a state that is kind of halfway between sleep and waking. Zen sesshins put a priority on rising before dark and meditating before breakfast before the worries of the day flood in. I notice the way my mind prefers to start thinking about and drawing attention to what it labels as problems in my life. I could easily incorporate this practice into that period and reviewing at the end of the day seems better than starting to worry about tomorrows' difficulties.