

View and Intention

From Zen: how much does what we know already (or clinging to what we know already, i.e. having fixed views) - undermine our ability to be open to new learning? On the other hand, we don't have to examine the teachings of every new faddist new age spiritual teacher who comes along do we?

<http://www.tricycle.com/dharma-talk/undivided-mind>

What I see from time to time is that I just need to relax about this self business a bit. A while ago, I was listening to a friend about how difficult it is to stop a tune or song being played in the head once it's 'planted'. I said that trying to stop it isn't going to solve it because thought can't fight thought. So we have to let go of that 'want to stop' first. This is what mind does :) I just forget these points sometimes. So formal practice part is important, including simple things like reminding oneself each day.

'All sound is mantra' as the experiment of Krishnamurti mentioned in the article demonstrates. But without examining assumed and unstudied views and intentions one holds, this or any other practice will just get us stuck instead. I think the two views and intentions the author held are common: 1. the method part and life part are separate; 2. a very long and arduous process is required to achieve freedom. Actually, there are more assumptions going on beneath these statements too.