

Mirror-Like

Like a mirror, the mind can not be tainted by images and ideas,
no matter how extreme or big, small or petty.

And like a mirror, the mind can not hold on to any experience,
there is no place in mind by which experiences can "stick".

In a flash, the image in the mirror is seen to be 'ourselves',
misbegotten assumptions make it so, and a life-time of fixations,
hold the magic spell.

Like a cloud or a bubble, all sensations, thoughts and appearances of mind,
are fleeting, only an illusion of obstruction and solidity,

So, by not seeing with sheer decisive clarity—wholehearted mindfulness—
we imagine them, like trying to pin down a rainbow,
to be stable and long lasting.

Like lightning and thunder, all experience is connected and dependent for its
arising and ceasing,

But we get fooled into thinking the 'bolt' and the 'thump' are different events and
separate.

Let the bolt and the thump suddenly break apart the fixation to self and non-self,
mine and other, outer and inner, mind and consciousness, right and wrong, being
and not being.

Like the moon reflected in water, we take all appearances and ideas, self,
people, places and things,

to be real and solid...but 'things' only appear due to supportive conditions, then
vanish,

Imaginary concepts support imaginary appearances:

Take away the support and the appearance breaks apart.

Only habit patterns—reaching for the moon in water and feeling a 'moon'—keep
the illusion going,

Yet reaching for a moon in water will only yield water,
and to temporarily dissolve the spell, one needs only to stir the watery surface.
However, if one really wants to break the spell, get to know the nature of water
and reflections.

Like a fool, we mistake an echo as someone else's voice,

Not realizing it is our own projection reflected off of another,

Now ridicule, now praise, or blame or fame,
echoing in the lake and valleys of our mind.

Make no mistake, all beings are wanting awakesness and compassion,
However, not knowing we are already the nature of compassionate awakesness,
inhabiting the deity's palace, our sounds from the deity's voice,
and our secret pristine splendour is the deity's mind.

Yet, for a time we are bewildered,
lost or confused in a dream,
or bewitched by splendour and fleeting rainbow lights,
even by 'good' meditation experiences.
There is always an exit from the movie theater,
one can leave at any time,
but entranced by the big sounds and heart tugging images, popcorn and sweets,
we get paralyzed to our seats!

By grasping onto self images, people, places and things, like taking for real an
echo;
We experience our lives as a phantom raft swirling out of control,
trying to protect and control against the mudslides and rapids of phenomena.
Then, when all is going well, we forget...to use our time wisely.

But, look clearly with vivid curiosity at the properties of the mirror, not lost in all
the images appearing,
Examine the nature of the mirror, again and again,
and recall the spontaneous clear, unclinging, untainted, compassionate and
luminous nature of mind...remember the mind instructions of the Lama,
Allow the mirror like experience to emerge, this extraordinary natural clarity,
and all collapses with joy into freedom.

Lama Yongdu,

Villas Balam Ya,
Lake Atitlan,
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