

Dharma Talk at Buddha Center, Second Life

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Delani IM'd me before and she was asking me if I was going to speak about quasars and black holes. I said, well the only black holes that I'm interested in are the black holes that are in people's psyches that cause them the suffering and the distress that they then try to resolve thru materialistic means. And how we can transcend those black holes with the many and varied techniques that we've been discussed about here in this forum. The other thing that I wanted to talk about was the Gulf oil spill. I was out in Baton Rouge last weekend that is about 100 miles from the gulf coast but it is certainly still a very hot topic of discussion, a very critical topic of discussion out there. Everybody there just appalled because of the major environmental damage. We may never have crawfish or shrimp in that area again, or at least not for many years.

There is a lot of anger and a lot of criticism, blame being throwing around. People blaming BP, the government, President Obama, they are pointing fingers all around. The problem that I see is not so much trying to find out who to blame, but just start doing something that is going to fix the problem, that will stop that oil field from continuing to gush oil and to protect the shore lines from all the damage that potentially is going to be done once the oil reaches there. It got me thinking about the ideas that people have that politics and politicians are going to save us from the problems that we have in this world. And if we only elect the right politicians then we'll be saved and all our problems will be solved or at least people will work on the problems. So there are a lot of people who are now blaming president Obama for not doing enough. And these may be some of the very same people who, when Mr. Obama was running for president, might have been saying "Let's vote for Obama for change". And they may have been the same people who were criticizing George Bush as president. Now the tables are turned. Now we have a liberal democrat instead of a conservative republican. The idea of holding politicians accountable I think is a false trail. It's not that they should not do things, but for us to look to them as the people who going to solve our problems does not take into consideration, the fact that they just human beings, like us. They're not saints, and they have to work within the system. And that system duly elected them, the system that is our form of government and it has people saying things on one side and things on the other side.

Meme comments, the white night concept.

Yes, it's the white knight concept or the white knight syndrome, you may call it. So people point fingers at whoever is in power in the government, and start throwing blame and criticizing. I'm not saying this because I am for Mr. Obama or against Mr. Obama. I have very little interest or confidence in politics. I'm not saying this as a criticism of him or George Bush or anybody else who may be elected president or elected to the congress. But the quality of our government can only rise as far as the general of consciousness of the population that elected it. And that is the limiting factor in any democracy. That limiting factor is that majority rules. So we get the government of people who were at the same level of enlightenment or not at the same level of enlightenment, either way, of the

level of consciousness of the general population. And so people of all levels, those below and those above, are not going to be happy with it. Because it's not going to be coming from an enlightened view point. These people, whoever they are, have to govern in a way that will allow them to remain popular so that they can get the votes that they need to be elected or be reelected into office. So with all this blame that been thrown around- and I agree somebody needs to do something and we have to stop arguing about this- people are not taking responsibility for their own part in electing the government that would give a company the free rein to do something without the proper safety procedures that were necessary to prevent disaster like this to happening and that is not responding in a proper way, in a coherent, logical way. I've seen a bunch of different solutions to this problem that would not cost very much, that would not pollute the environment and that would at least prevent a lot of this oil from going on to shore. From throwing hay in the water... I saw a demonstration on a video, these two farmers got this big bowl of water and oil and they just threw some hay and straw in there and swished around for a couple of minutes and then they scooped out the hay and the water was absolutely clear. The hay absorbed all of the oil. And now I'm told that there is some kind of special cotton that there is hundreds of millions of tons of that would do the same thing. And of course there is the soap that I manufacture. Meme says peat moss also. Yes, all of this would do this and then that oil that's absorbed by non toxic natural substances could be reprocessed. Why isn't anybody doing something about this? I'll give you a personal example. The EPA is requiring that anybody who comes up with a product that can emulsify the oil needs to go thru a test process that cost about \$13000 to prove that this stuff really breaks the oil. I happened to be a part of a company that manufactures the soap that is totally non-toxic, but is the best oil emulsifier in the world. I'm not trying to do a commercial here but we received 14 months ago an award from the same EPA that's requiring this testing. We received an award from them as one of the safest surfactants and emulsifiers in the country. Its like one hand doesn't know what the other hand is doing. That tends to be frustrating. My point in all of this that if we want things truly to change, if we want to solve the problems that we are facing politically, economically, environmentally, socially, culturally, if we want those to change we can't fall pray to what Mimi just called a white night syndrome. Because it's not going to work. Mimi brings a good point - whose fault is it?" Each of us has to play our own part. Not just in terms of changing the way we live and changing our consumption patterns, but also in terms of changing our inner environment so that we can set an example for other people who are still bound by this black hole that we have inside, who are still bound by ideas of materialism, who are still bound by the idea that political and economic solutions are going to be our salvation, and to help wake them up so that we wake up as a nation, as a world, as a planet. So that we transcend from the ethnocentric and the materialistic based levels of consciousness, to the worldcentric, to the transcendent, to the transformed levels of consciousness. Where we don't have people in government that are going to kowtow to vested interests that we have people with integrity, that we have people with integrity in the corporations, people whose agenda does not include as a priority maximizing property at the expense of all other considerations. Where does responsibility lie? And it does not lie with us in the sense of going out and voting for the best candidate, it lies with us in the sense of us living our lives with the greatest degree of integrity that we can. Of transcending the base emotions, transcending the sense of separation that keeps us

attached to materialism and greed and anger and fear and to set that example to other people so that all of us can live at a higher level of integrity and then elect the government that will do what they are supposed to do with integrity. And for us to support corporations that act with integrity.

Meme says – you can still make money and be ethical.

Yes, absolutely. If you were here for my readings of the script for my video “The Power of Intention”, one of the things that I said in that was that money is just a by product of enthusiastic service. When money becomes a goal instead of providing service with integrity then you've put the cart before the horse and you going to have problems. Another thing that I said, and you have to pardon me because I think that this is a very clever pun, you know how Jesus said that it's as difficult for a rich man to enter the kingdom of heaven as it is for camel to pass thru the eye of a needle. In my video I said that Jesus also said – Seek first the kingdom of heaven, the kingdom of god then all else will be added unto you. So if we transcend our sense of separation, attachment and live in an enlightened state, in our integrity, then we'll have all the money that we need, because it will come to us. So I like to say – It's as easy for a person who has entered the kingdom of heaven to be rich, as it is for a needle to pass thru the eye of a camel. It's just an analogy, a parable. Do you understand a point of it? There are a lot of people who try to amass riches because they feel empty inside and they feel that somehow if they get a lot of money they they'll be happy and that hole inside is going to be filled up and they won't feel empty anymore. And that's an illusion. No matter how much money someone makes, they'll never fill that hole. Because it's unfillable. That hole can never be filled, it can only be transcended. And it can only be transcended when you look inside and you see yourself as you truly are.

Nikartola says, “Many levels of conversation.”

Yes, and more centered you are the more mindful you are, the more in touch you are, the more you allow the boundaries between inside and outside dissolve and understand your connection with all that is including all of the sea life in the gulf, then you understand that your love, your energy, your enthusiasm, your support, your compassion will reach them and help them to deal with whatever it is that they need to deal with. Giving this talk was not to talk specifically about the problem in the gulf, but just use this as an example of being able and willing to take personal responsibility for the problems happening in this world of ours as a projection of our own consciousness and that the only way we going to solve these problems, whatever they are, is going to be by looking within ourselves and clearing out the blocks that we still have there to the realization to who we really are. Living in the integrity, sharing that integrity with enthusiasm and compassion, with as many people as we come in contact with. You can only directly affect something that is in your immediate presence. And the best way to affect it in a positive direction is by being fully present yourself, being open, being accepting, being permeable, dissolving the boundaries, dissolving the sense of separation, and understanding that you and all sentient beings and all of creation is one thing. You can be the little flame that kindles that fire in someone else. On my website I have the article that I wrote on education. I use as an

epigram for that article a quote by Socrates who said “Education is not so much the filling of a bucket as it is the kindling of flame.” We don't want to fill people with the information, we want to inspire them so they also see how they living, that they see the attachments that they have to an unenlightened way of living and they see the futility of continuing that and they're inspired to emulate you in your own quest for enlightenment. The idea of “each one teach one.” When I say teach I don't mean teaching by giving information, but teaching by example and by giving people the knowledge and the skills that they need to open themselves up, to open up to spirit and then to share that with the next person and then the next and the next.

Meme asks – “we say often let it go, let it be, it's easy to talk to talk, but I'm finding it so hard to walk the talk. In your many years of practice have you found it difficult to just let it go?”

Absolutely, yes. Inner awareness is only half of the process. The other part of the process is allowing yourself to be comfortable enough to let it go. To understand and really convince yourself, convince your ego basically. Because what you trying to convince is that “black hole”, that does not to believe that it is a falsehood and that is demanding that you do everything, in your power and things even not in your power, to satiate it, to satisfy it. But it can never be satisfied. So how do you let it go? I let it go in a number of ways. One is by when I see it is coming up, I just talk to myself and I say here is one of those attachments again, and I should be letting go of it. They come up all the time. I'm not at the point yet where I don't have attachments. So another way is by doing the A-B-C exercise, at least doing the abbreviated version of the A-B-C exercise, by just focusing on your breathing and focusing of the feeling of the breath coming in and out thru your heart and shifting your attention away from the thoughts. And that in and of itself starts to let go of the grip so that you can then appreciate whatever issue that is more objectively and not from that sense of compulsion that its trying to get you to hold on to it with. And then the third way is with an emotional releasing technique like E.F.T. And you can use it as I mentioned before- I've mentioned how in stress management we have protective techniques and responsive techniques. Protective techniques we use when we are not in a stressful situation, when we are in a relaxed and comfortable situation, like meditation. And the responsive techniques are what we use when we are actually in a stressful situation. One of the most common techniques is when something ticks you off you say I'm counting to 10. It creates time between the event and your response to the event, your behavioral response, not your internal response. The heart centered breathing is a wonderful responsive technique. It's the first technique I teach to all of my clients. When something stressful comes up whether it's something inside or it's something that's triggered by some event tied to one of those attachments that you've talking about, when you say you find it difficult to walk to talk, that's what you do. If you can you start breathing thru your heart. And if you can tap on some of those EFT points, you do that too, to release the emotional charge that that issue has it. It's only the emotional charge that's keeping you attached to it. That *is* the attachment. You want to catch it before you go into your compulsive, habitual, behavioral response. Once you go to it then you have closed that cycle of behavior. You've reinforced it. The key to any kind of emotional progress is to catch yourself just before you go into that habitual behavioral response and

do something. Whether its breathing or tapping, counting to 10 or something else, whatever it is. Do it before you go into that reinforcing behavioral response that you usually go into. And break the cycle. And doing that over and over again until the charge is not there anymore. A lot of times, (and I found this true, thru my entire journey which basically started even in elementary school), first you go thru the period where you're not aware that this response is a problem, then, because of your reading, studying, meditation, you become aware that this is a problem. Ok, I'm responding this way, this is what worked last time, but it's not helping me, its not serving my highest good and purpose. Then the next step is become aware while it's happening. And the next step is doing something to let it go before you actually perform the overt behavior. And a lot of times we can't do that. I can't tell you how many times in the past I felt something coming up and I know its an issue and I should not be feeling this and doing this, I just can't stop myself and I just go into it. And then later on that sense of regret comes up – I should not have done it, I should have stopped myself. And you just go to it. It's like chipping away at a stone. But I found that with E.F.T. that process is shortened immeasurably. And with issues that with myself or with other people, that took me perhaps months or years before I could stop myself before I actually allowed myself go into behavior. The E.F.T. just discharges that emotion. And I'm able to just let it go. That's why I think this is such important tool in the integrative transformational pathway that I talk about. Doing that body practice, spiritual practice, mindfulness practice so that you know the framework what life supposed to be, not what the separate attached ego tells you, and then the techniques we use to get rid of those emotional attachments that keep us in those feelings of attachment that we know for sure that this is wrong, but we can't stop ourselves.

MIMI, I KNOW WHAT YOU TALKING ABOUT BECAUSE IT'S BEEN WITH ME MY ENTIRE JOURNEY. IT IS HOW DO YOU LET IT GO. AND SOMETIMES IT IS CONTINUALLY BUTTING YOUR HEAD AGAINST IT AND TRYING YOUR BEST TO CATCH IT AND LET IT GO. AND WITH E.F.T. IT'S A HECK OF A LOT EASIER.

Meme says it is so easy to say it.

Yes, it is, difficult to do. But why is it if somebody put a red hot coal in your hand you would drop it immediately and yet when these negative emotions come up, which are just as distressing, just as painful as a hot coal in your hand, why is it so difficult for us to let go of them? And the reason is because we still have that black hole that is scared and says "No, if you don't do it this way, if you continue with this behavior you'll get nothing and I can't abide by that, I won't be ignored."

NAMASTE, EVERYONE. . MY THANKS TO YOU ALL. BE AS PRESENT AS YOU CAN, AS OFTEN AS YOU CAN. AND SHARE YOUR LOVE, ENTHUSIASM AND YOUR COMPASSION WITH EVERYONE, ALL SENTIENT BEINGS, ALL CREATION, AND ALL THE UNIVERSE.