

A bit like Nibbāna

The grass is green, the sky is blue. What's new?

Nothing. Nothing much happens here. It's a bit like Nibbāna, nothing ever happens there.

People get bored here until they get a sense for the timeless. Then they keep coming back for it. I think many without really knowing that this is the reason why they are coming back. It's a subtle quality, beyond the senses – all our senses are attuned to change. Yet in an uncertain world it is something we can be sure of. In fact it is all we can really be sure of.

It helps to be sure of something, especially if that something is a lot like nothing at all. Then it is untouchable, it is always there for us as a Refuge. As such it is not just some kind of consolation. It also helps us see the uncertainty of everything else and to take good care.

As for the higher mind, that is when our very seeing of that uncertainty takes us to emptiness, bliss and freedom. That's problem solved.

I offer this for your reflection.

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