

The Knowing Ground

It can seem completely hopeless and life-denying when we hear the Buddha tell us that all kinds of existence or being are impermanent and therefore suffering. Gulp. The miracle of the Buddha's teaching, however, is to realise that we don't need to *be* anything. We do not need to seek an ineffable ground of being, in fact we are misguided to do so. What we need to seek and stabilise is the mind's essential knowing nature. This is very important to understand because we can realise that we do not need to look inside but outside. It is through looking outside that we realise something inside. Looking inside can be so confusing, all of a sudden there are two of us, there is me and my mind. Looking outside can be perfectly clear.



The meditation process is aimed not at becoming self-absorbed but at emptying us out so that we can see out, without all that stuff coming up and getting in our eyes. It is only when and where this is not successful that we tackle these hindrances or views by spotting and correcting our bias. Ill will or aversion, for example, we understand as inappropriate attention to an unattractive object. The solution is more loving attention to that object, not doing something to the ill-will in itself. Doing so would throw us into a psychological battle which is never-ending.

I offer this for your reflection.

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