



*"Watch out for intellect, because it knows so much it knows nothing and leaves you hanging upside down, mouthing knowledge as your Heart falls out of your mouth."*

**Anne Sexton**

## **The Mystique of the Mystical:** **The Process**

**An introduction to living in this world**

*But the scent of the good is blown against the wind; a good man perfumes all directions.*

**The Dhammapada**

### **First this:**

*One day one of Buddha's sannyasins was passing through a street where he had gone to beg. The most beautiful woman of that town, the prostitute of the town, fell in love with the monk.*

*She came down out of her house and requested the monk to come and reside with her. And soon the rainy season was coming so the prostitute said, "Why don't you stay with me during the rainy season? – Because monks have to stay somewhere. For four months, during the rainy season, monks don't move, so you will have to stay somewhere, you will have to find some shelter – why not with me?"*

*He said, "Perfectly okay. I will just have to ask my Master, ask his permission. If he says yes, tomorrow morning I will be present at your door."*

*The prostitute could not believe the way the monk said it so simply, as if there was no problem!*

*He said, “Perfectly okay. I have to stay somewhere. I was going to ask somebody to give me shelter for four months, and this is a gift from you! I just have to ask my Master; it is just a formal request because that is the way. I have to tell him that a certain woman has requested that I stay with her. Can I stay with her?”*

*Other monks heard about this, and of course they were jealous. It was impossible to tolerate. This was too much! But they waited – they waited because they thought Buddha would absolutely say no, categorically would say no. A sannyasin, and staying with a prostitute?!*

*And when the monk asked Buddha, Buddha looked at the monk and said, “Perfectly right! You can stay with her.”*

*Now others stood up and they said, “This is not fair! And do you see the risk? This is a young man, and that woman is almost a magician. Even great kings are trapped by her, and this young man is almost innocent. She is not interested in giving him shelter; she has become lustful towards his beautiful body. And you say yes?”*

*Buddha said, “You wait! We will decide who is right after four months. Let him go and let him stay with the woman.”*

*Those four months looked very long for the other monks. It was really difficult to wait, and they knew that Buddha was going to be proved wrong – for four months living with that woman? She could not leave this monk, she would seduce him; it was absolutely certain.*

*And after four months the monk came back and touched Buddha’s feet. The others said, “Now tell the truth – what happened?”*

*And the monk said, “Just wait a few minutes, because the woman is coming and it will be better to hear it from the horse’s mouth herself.”*

*And the woman went and she touched Buddha’s feet, and she asked to be initiated into sannyas.*

*Buddha said, “Why?”*

*She said, “I tried to seduce him, but I failed. He seduced me! He seduced me into sannyas! For four months I tried every possible way, but he remained like a lotus leaf. I would dance naked around him and he would meditate! I have never failed in my life. This is the first time. For the first time, I am impressed by a man; for the first time I have encountered a man!”*

*Up to now I had seen only slaves. They may have been great kings but they all touched the dust of my feet. This is the only man I have seen who remained like a lotus leaf. I tried every possible way – good food, beautiful room, beautiful clothes, beautiful bed, every possible comfort for him – and he would never say no! – But I failed. I could not distract him. And he used to laugh at me.*

*I would dance my most cherished dances and I would start throwing my clothes away, waiting, now some lust might arise in his eyes – but never! He would laugh and giggle, and he would say, ‘what, are you doing? And it is too cold, you may catch cold!’ He has transformed me. Now I would like to become the same, a lotus leaf.”*

**How are you living with and what are you doing with the goodness of the Heart that lives within you? Confused or bewildered by this *goodness* or what constitutes its authentic nature? Most of us are. What is happening with the goodness that is the virtue of the Heart, that this world needs so very much, is the very issue that politics and religion cannot address.**

**Many people are very vague about this goodness and others simply do not believe that it exists within them at all. Still others believe that if goodness is there that they will have to lose it in order to survive in this world. The vast majority of us humans do not know what “goodness” is in its truest form.**

**Most of us believe that “goodness” is what happens to us that pleases us, comforts us, secures us or generally makes our life more gratifying. But there is oh, so much more to the state of the goodness I am referring to.**

**Goodness is the quality of energy that enters this world through the consciousness that sustains non-duality as a way of life. When we are not in conflict with the human of us and the nature of humankind as a whole, we as the Buddha stated, emit a goodness that perfumes our life and this world with a fragrance of an**

**unconscionable and unreasonable generosity that is unnerving to the unconscious mind, which is the ego itself. Hence, this consciousness then supplants our general tone, our Karma, in this world with the vibration of authentic Love. This goodness (essence of Love) exceeds our human logic and pedestrian perceptions. This goodness is simply the nature of the Universe translated into this world as the pure energy that is absolute Love.**

Everyone lives with the profound nobility that unseats the human heart and its obsession for mischief with the virtue of Love. But this goodness can only arise through the selflessness of the unconscionable Heart, which looks so mysterious and at times even frightening to the pedestrian mentality. There are many of us, in this world, who simply ignore the goodness and the PROCESS that would bring us to this goodness for the sake of human pride and the fulfillment of our genetic nature.

Whether we know it or not, whether we care or not, we are in the PROCESS of an energy that is a perpetual tone that emanates in and throughout our entire life as the state of Love. This PROCESS IS OUR true EVOLUTION, our only meaning in this world. Most of us do not sense this because we are metaphorically deaf and blind due to our obsessions with fear and are gratified by the hate that typically runs our entire lifetime in self-righteousness. So we find our life existing in the duality of fear, which sadly entertains, sustains and gratifies us into submission to its uncanny predicaments.

These plights of fear turn to hate quickly and become the state of our Karma, which we are here to meet as a part of the PROCESS that awakens us to the goodness that is Love.

If we insist upon living within this world as a “self” we alienate our attentions through willfulness to be subject to the emotionality of fear and hate. This is the mechanism of the human, which we are here to transcend through the PROCESS of awakening the unconscionable goodness that lives within us all. This is why we are here on earth. This is why everything that has happened to us, is still occurring with or without our conscious consent.

We can realize the PROCESS and allow the state of Love its ways. This Love that I speak of here abides by the seemingly unreasonable Laws and Principles of the Universe that sustain the reality of the Existence itself. We live very far away from the meaning of our own life and its existence due to our insistent need for human gratification through the genetic disposition that we find ourselves living in as the human body, which can only give and perpetuate the human experience.

So let us look at the PROCESS by realizing its proportions and impact upon our mind, body and life.

The words I use here in this Commentary are not adequate. They do not explain or convey the inward sense of direction and the synergy of Love. For instance, the word “goodness” can be used in many different ways and none of these interpretations would adequately define the state of “goodness” that I am seeking to present to you. The word “good” is often referred to as some favorable position or element that we gain in this lifetime over some “bad” event or circumstance. This is duality. But in the human context



we must use the words “good” and “bad” in order to reveal a meaning that exceeds our human, intellectual understanding.

So our goodness is not in opposition to our “bad” as it were. This goodness, as I am writing to you here, is a state of Being that is not in opposition to anything in this lifetime or world. It simply exists as the All. This is very important for us to become aware of in the course of our spiritual practices. This goodness is a big part of our PROCESS and cannot be taught; nor can it be understood by human logic, reasoning or education. This goodness must be the direct experience that one senses deep within.

For the most part, people who have been gluttonous with their desires and hard-pressed by their genetics to believe that they are inferior, or even superior, will find it very difficult to feel the essence of goodness that I speak of here. This is why we live so many repetitive lifetimes in various ways that seem unnecessary and futile. We tend to apply the same attributes that confine us to our genetics to our inwardness, our spiritual maturing. This will simply NOT work.

Within the PROCESS we surrender our attentions to the state of Being where goodness exists as Love. In light of our human indignations we find that it is far easier to fall into the genetics that would have us live in vengeance and its pride. This human condition is the first line of inner resistance that many of us have which wastes our energies in the turmoil of a tumultuous hate that sustains what we humans call “human rights.”

Humans have limited “rights” due to individuals having a Karma that intercedes these seeming “rights.” For instance, it is obvious that killing one another causes endless states of Karma to exist in a person’s life. However what is equally as important as the killing itself is what leads up to this killing. How does a man like Adolf Hitler become so popular among the German masses that he is allowed and followed in this world to begin a huge and ugly war?

And on the other hand, how is it that the people of the United States were enveloped into this war? The bigger the collective becomes anywhere in this world where fear and hate are the pillars of the society, there will be conflict for sure. By the sheer mass of energy that we harbor through “righteousness” (the US being more noble than other countries due to the fact that we are a “democracy”) causes the conflict necessary to sustain war anywhere on this planet.

You see through many a lifetime of unconscious living, which many of us in this world are incarnated from, we become, fodder, for the purposes of those who live in ambitious and aggressive hatred. We relate to fear with each other, never Love. There are plenty of people who live seeking dominance over the “weaker” mind, which succumbs easily to fear and hate. Hence, the American public enjoys war and demonstrations of military power due to the basic indifference to Love and inner maturing. Wars and rumors of wars are common in this world because we are susceptible to fear and hate as our prowess for living.

Recently in the news it was stated that the news media was enthralled with the military might of the United States as it retaliated against Syria with cruise missiles. One

journalist, Brian Williams, on MSNBC was so mesmerized with the strikes that he used the word “beautiful” three times as he explained how the United States retaliated to Syria’s gassing of children there. Actually Williams was alluding to a Leonard Cohen lyric- “I am guided by the beauty of our weapons”-without apparent irony. Williams was provoking hatred through his emotionality that needed a vindictive kind of vengeance for what Syria had done to these children.

All of this would seem reasonable to the pedestrian mentality even though these kinds of comments never end the violence.

But the average person (with the pedestrian mentality) reading or hearing William’s remarks would call his emotionalism an act of patriotism. This patriotism is defined as “...a person who vigorously supports their country and is prepared to defend it against enemies” according to the dictionary. Hence, “we the people” who have no inner sense of Love or mercy become susceptible to the suggestion that their DNA is being fulfilled (protection of their homeland, a term that Hitler used as well) through natural selection.

Bingo...now we have a war that is deemed needed and in this case...“Beautiful.” All of this provokes the DNA (the lesser part of us) in order to invoke self-righteous hatred for people we just do not understand or really know.

The reason for all of this is that we live in our DNA, which is interpreted by our genetics and causes us to live for survival alone, via Darwinism, such as “natural selection.” You see we live in the DNA that indicts us to the human process whereby any living organism that is established in their environment (ours being fear) will tend to survive and birth more offspring that bring about the fact of the Darwinism adage: “Survival of the fittest” rules. We, as humans, produce fearful states of mind through our unconscious (the seat of the ego) and from here create the standards of survival as the order of society itself. The order of any society is to make war in order to sustain itself.

Society itself, hence, becomes a living organism-an offspring of the collective unconscious and we all feel its pull into the collective. Most people succumb to this pull into the black hole of hate without any sense of responsibility for our acts of cruelty, which always show up in our Karma in one lifetime or another.

I want to offer to you here one of the most beautiful Sufi stories my Master ever told. I have shared this story with my students for years. I always hope that each time I share it, and I am always looking for reasons and purposes to do so, that they have grown enough from within to appreciate the gift of this offering.

This story fits perfectly into this Commentary.

*There once lived a saint so good that the angels came from heaven to see how a man could be so godly. This saint went about his daily life diffusing virtue as the stars diffuse light and the flowers scent, without being aware of it. His day could be summed up by two words — he gave, he forgave — yet these words never passed his lips. They were expressed in his ready smile, his kindness, forbearance, and charity.*

*The angels said to God, "Lord, grant him the gift of miracles."*

*God replied, "Ask what it is that he wishes."*

*They said to the saint, "Would you like the touch of your hands to heal the sick?"*

*"No," answered the saint. "I would rather God do that."*

*"Would you like to convert guilty souls and bring back wandering hearts to the right path?"*

*"No, that is the angels' mission. It is not for me to convert."*

*"Would you like to become a model of patience, attracting men by the luster of your virtues, and thus glorifying God?"*

*"No," replied the saint. "If men should be attracted to me, they would become estranged from God." "What is it that you desire, then?" asked the angels.*

*"What can I wish for?" asked the saint smiling. "That God gives me his grace; with that would I not have everything?"*

*The angels said, "You must ask for a miracle, or one will be forced upon you."*

*"Very well," said the saint. "That I may do a great deal of good without ever knowing it."*

*The angels were perplexed. They took counsel and resolved upon the following plan: every time the saint's shadow fell behind him or to either side, so that he could not see it, it would have the power to cure disease, soothe pain, and comfort sorrow.*

*When the saint walked along, his shadow, thrown on the ground on either side or behind him, made arid paths green, caused withered plants to bloom, gave clear water to dried-up brooks, fresh color to pale children, and joy to unhappy men and women.*

*The saint simply went about his daily life diffusing virtue as the stars diffuse light and the flowers scent, without being aware of it. The people, respecting his humility, followed him silently, never speaking to him about his miracles. Soon they even forgot his name, and called him "The Holy Shadow."*

This man became the "Holy Shadow" due to his humility. Humility brings the meekness (teachability) for insight that only our intuition can offer. The story is about how to be a shadow of Love, hence, to leave the ego, the "I" and the "me," in order to become the enfoldment of Love itself. This is the revolution that the world needs but has no use for. People of this world seek only the power that comes from the ego. But this beautiful man found the core of his Being and sacrificed his will for the sake of a willingness to become

so humble that seeming “miracles” could come from the Presence that became the Love that is Life itself.

The way we are, the essence of what we are, is pure Love.

### SUGGESTIONS FOR THE WEEK

If we seek mercy through goodness, then our journey in this world will take us through many a tribulation and difficulty that will remove our “center” of pride and selfishness and replace it with humility. In the PROCESS that is an authentic spiritual practice we live to awaken and not to become comfortable with our mental and emotional status. This means that we must put first...the state of Love over anything else in this world and put last our ideals of being comfortable and happy, due to this world.



## The Process

*“Studying the Buddha way is studying oneself. Studying oneself is forgetting oneself. Forgetting oneself is being enlightened by all things.*

**Dogen Zenji**

There is an order to this world and this lifetime. This order, once found, then realized becomes the living process of a person who is seeking conscious living and thus inner awakening. To seek this...one must feel the “pull” to do so. The majority of us humans simply have resigned ourselves to the collective unconscious and so we never feel the still small voice of the within.

If you feel it, if you can hear it, you will be very interested in the PROCESS.

To begin this PROCESS of conscious living one must completely comprehend the confines of this world and what that means to our life and Karma. Living in this world it must be accepted and understood that we are NOT unlimited nor are we limited! We are incarnated into this world to awaken to where we are, which is in this experience (this earthly realm) and living in a fleshly body that is congruent to the possibilities that exist on earth-mainly which are the matters of life and death.



As well it must be understood completely through direct experience that we are NOT the body, but we are what lives within it-as pure Being.

We are living in the body and confused by it, even deranged by its impulses. Through it all we must realize that we live as the body in this world and live simultaneously as a limitless Being. This brings encounters of many different dimensions and levels of energy (some coarse and others fine) that exist in this world for the sake of spiritually individuating ourselves away from the genetics and DNA to the refinement that is Love.

So our body lives in the existence of a material world and our Being lives within this body, but not as the body. Together they form a unit that can be seen and heard as a part of this material realm called earth. In this manifestation we encounter different levels of energy that sustain a certain vibration that brings various forms of manifestation such as objects, people, and things, like money.

All of these have certain states of Karma and bring to us various energies that mingle with our humanness and either help us to rise above the collective in order to evolve or direct us into the collective unconscious to sustain spiritual ignorance.

If we are unwilling to decipher the laws that sustain life on this planet, then we will not be able to fathom the meaning of a life in this world. Hence, we will reduce the meaning of a lifetime (inner evolution) here on earth to the matters of life and death, which equate to survival.

The PROCESS begins with realizing the difference between the “animal” that is human, and is subject to itself as the Law of its own existence (that of impermanence) and that of the Being, which is subject to the Laws of Eternity or deathlessness. The human, that requires means of basic survival, cannot fathom the Being that inhabits this animal, which is eternal by nature. The two shall never meet or agree to terms of living in this lifetime; the profound confusion of living emanates from this basic issue.

In the human animal are many inherited traits that are logged into the human brain and sustained by the body of primitive emotionality. These primordial urges are the basic instincts that occupy the thoughts of the populace through the unconscious mind.

It is in this primordial mind that we find the primal instinct to kill in order to survive. We live with the ancient adage that our lives are about “kill or be killed.” This barbarian attitude goes on and on within the unconscious and filters through to the conscious mind via the body and its emotional urges. All of this goes on undetected by our everyday attentions. Before we know it, we have lived a whole lifetime and never realized what made us “tick.”

It is from this primeval mentality that we approach this world and set the course of our own lifetime that eventually becomes the state of Karma that we must carry throughout lifetime after lifetime. Our acts of sustaining rudimentary survival through makeshift beliefs in human ideals of life and death are the essence of humanity’s downfall. It must be understood that survival, staying alive, to the human (animal) is all that matters.

The ruthlessness in our crude and violent manner of living here on earth is an interpretation of what it means to live and sustain life on the planet. It is all about survival to the pedestrian mentality. This is why the “rich” want to be richer! This is why

millions must turn to billions, and it does not matter who gets hurt or how many are injured or destroyed by such primal urges.

This complex of prehistoric urges turns to a mentality that few can recognize in the course of their lifetime. We sustain such primordial urges through the constant need for violence. The basic instincts for survival that include killing (the *kill or be killed* mentality) are sustained and strengthened through subtle means (Buddha called this the soft fetters) as well as overt occupation of our emotions through movies and even the nightly news where we find the intrigue of killing and human tragedies so very important.

We even find our barbarian instincts expressed through sports that have become more and more violent due to the physical evolution of the human body and the cunning of the mind that seeks primordial survival.

So when a Lao-tzu, a Buddha or a Jesus come here to share the open secrets of the “other shore” with us we find them strange and even threatening. As humans, as Homo sapiens, we merely exist to survive without the insight or feel of sustainability.

The word “Sapiens” comes from the Latin word meaning “wise.” This is a total misnomer. We as a race are anything but wise. We might be clever and cunning, but true wisdom belongs to those who can realize the PROCESS of living beyond the limits of species.

Ah, a quick anecdote is needed here:

*A wise Zen frog was explaining to the younger frogs the balance of nature: “Do you see how that fly eats a gnat? And now (with a bite) I eat the fly. It is all part of the great scheme of things.”*

*“Isn’t it bad to kill in order to live?” asked the thoughtful frog. “It depends . . .” answered the wise frog just as a snake swallowed the Zen frog in one chomp before the frog finished his sentence. “Depends on what?” shouted the students.*

*“Depends on whether you’re looking at things from the inside or outside,” came the muffled response from inside the snake.*

So very true! We are metaphorically being eaten up by our own sense of DNA, the urgency to survive at all costs. It is our DNA that sustains the immediacy of our life and this is linked with our genetics, which interpret this DNA and sustains itself as our method of living. In all of this we miss the meaning of the PROCESS.

The PROCESS is the way energies flow in this world and create circumstances and conditions that are both pleasing to the body and then suddenly destructive to it. These energies weave around certain states of emotionality, as well as in and through consciousness. To develop consciousness over DNA and genetic tendencies is the very essence of evolutionary life here on earth.

The evolution is Love.

Love is the Mystique of the Mystical. It is the presence of the infinite intelligence that lives in all of us. This intelligence exceeds our understanding and our willingness to comprehend its complexities. In this infinite intelligence we realize the connectedness we

have to all elements of living here on earth. How everything that exists here on earth, also lives within us.

Soon, through simply living here on earth, it becomes apparent that the state of ONENESS is the most intelligent quotient one can come to here in this world, with its life forms. What we do to ourselves, we do to the world. What the world does to us becomes what we do to ourselves. On and on this goes in our living until we are willing to enter into the PROCESS and change our attentions from that of survival to that of the PROCESS that leads to the LOVE.

Our life is either the matter of the PROCESS that engulfs our life and creates the ebb and flow of deathlessness or the viper pit of cunning whereby we live to avoid and ignore the inevitable death of the body through suspension of belief that there could be anything other than fade to black after death. This attitude is the height of selfishness, which leads to the psychological narcissism that so many in this world suffer from, though they do not know it.

The PROCESS that I will share with you is the part that can be spoken of through words. There are many aspects that cannot be spoken of through words. One must attain insight through meditation and entering into the wordlessness of silence. It is only through emptiness that we find the intelligence of Love.

Ah, my closing story for you is a beaut!

*A wise man, the wonder of his age, taught his disciples from a seemingly inexhaustible store of wisdom.*

*He attributed all his knowledge to a thick tome that was kept in a place of honor in his room.*

*The sage would allow nobody to open the volume.*

*When he died, those who had surrounded him, regarding themselves as heirs, ran to open the book, anxious to possess what it contained.*

*They were surprised, confused and disappointed when they found that there was writing on only one page.*

*They became even more bewildered, and then annoyed, when they tried to penetrate the meaning of the phrase that met their eyes.*

*It was: 'WHEN YOU REALIZE THE DIFFERENCE BETWEEN THE CONTAINER AND THE CONTENT, YOU WILL HAVE WISDOM.'*

We have a simple choice. We can live in the quagmire of human DNA and genetics through living in this world by the means of our physical body and the limited perceptions that it causes us in order to assume the position of literal mindedness. Or we can live in the infinite confines of consciousness and be set free to know the difference between the “container” and the “Content” and so find the wisdom of all Life.

Knowledge can never be Wisdom. But Wisdom can be reduced to mere knowledge. By living in such a perception we reduce the state of Wisdom to mere adages and quips of wit.

Jesus once said: *"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."*

The "thief" is that which lives within us that is seeking to "steal and kill and destroy" our lives by reducing our intelligence down to mere survival, the pedestrian mentality as I call it. Allowing this to happen due to the need for human comfort through emotional gratification is the worst choice we can make in the course of this lifetime. The majority of us live in such a manner.

Whether we understand it or not, we are all in the PROCESS. We either live in this by design or we willfully defy this purification through the mechanism of our DNA and genetics. It is up to us as individuals.

Next up in the PROCESS: THE LAWS THAT BIND US or the PRINCIPLES THAT FREE US.

I am humbled and grateful for your attentions.

Enough of me for today,  
Please forgive me.

Metta to you,

Swami Chaitanya Siraj

(Gregory Penn)

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