



THE LOTUS BUD

Magazine of Mindful Living ~ Issue No 78, March 2016

Dear Sangha,

In this edition we explore the the idea that we might learn to 'think like a mountain'. From one point of view mountains are solid and Thay urges us to practice mindfulness in a way that touches our capacity for stability. At the same time, mountains are made from the material of an entire universe and populated by trees and birds and rivers. To think like a mountain is to put aside our person centred view in the spirit of interbeing and embrace all life. Here we present an account of how to think like a mountain by ecologist John Seed. Finally, mountains may appear to be solid and unchanging but they are subject to the erosion of the elements and everyday they are different; mountains are impermanent. 🙏

Chris / True Dwelling of the Mind

Mountain solid

"Breathing in, I see myself as a mountain, breathing out, I feel solid."

~ Thich Nhat Hanh

If you practice Buddhist meditation, you like to sit in the lotus position, and that is a very beautiful position of the human body. And you feel very solid, like a mountain, especially when you practice breathing in that position.

A mountain is not swayed by the wind. And human beings, if they don't know how to sit, to breathe, they may be swayed back and forth by their emotions, strong emotions, like winds. And practicing this, we become more solid, like a mountain.

There are people who do not know how to handle their emotions, especially the big emotions. And when they are overwhelmed by these emotions they

don't know what to do, and sometimes they have to take their own life. They do not know that you are more than your emotions. So when there is a strong emotion, you just breathe, in and out, and become a mountain. And be aware that we are more, much more than one emotion. And we will overcome that emotion. 🙏

So every time you are possessed by one strong emotion, try to hold your attention here, a little bit below the navel, and breathe according to this gatha; "in, out", "mountain, solid", and so on. And you will find that you are much more solid.

Inside of you is a mountain, the element of solidity, stability- you cannot take the mountain out of you. Because we have not taken care of our mountain, we have lost a lot of that element of stability and solidity in us. So learn how to sit like a mountain.

Pay attention to the movement of your abdomen. Help your abdomen to do the work of pumping the air, and after a few minutes you'll feel much better. So this method may save your life in the future. If you know how to practice it in your daily life, and when you face a danger, a big danger, you will know how to breathe in and out in order to regain your control, and your solidity.

Of course, when we practice like this there is something present in us. That something is called mindfulness. Mindfulness is the capacity to be there, in the present moment; solid, calmer, more lucid. And that is the fruit of the practice of mindfulness. You need only to practice breathing in and out like that in order for mindfulness to be present. And mindfulness will bring you many good things; solidity, freshness, calmness, clear-sightedness, and freedom. 🧘

From "*Peace is Every Step; An Evening with Thich Nhat Hahn*" 1991 [Online source](#)



Image by barnyz

Mountains inter-are

"Anthropocentrism" or "homocentrism" means human chauvinism, the idea that humans are the crown of creation, the source of all value, the measure of all things, is deeply embedded in our culture and consciousness.

When humans investigate and see through their layers of anthropocentric self-cherishing, a most profound change in consciousness begins to take place. Alienation subsides. The human is no longer an outsider, apart. Your humanness is then recognized as being merely the most recent stage of your existence, and as you stop identifying exclusively with this chapter, you start to get in touch with yourself as mammal, as vertebrate, as a species only recently emerged from the rainforest. As the fog of amnesia disperses, there is a transformation in your relationship to other species, and in your commitment to them. 🧘

What is described here should not be seen as merely intellectual. The intellect is one entry point to the process outlined, and the easiest one to communicate. For some people however, this change of perspective follows from actions on behalf of Mother Earth. "I am protecting the rainforest" develops to "I am part of the rainforest protecting myself. I am that part of the rainforest recently emerged into thinking." What a relief then! The thousands of years of imagined separation are over and we

begin to recall our true nature. That is, the change is a spiritual one, thinking like a mountain, sometimes referred to as "deep ecology."

I am that part of the rainforest recently emerged into thinking.

internalized and replace the outmoded anthropocentric structures in your mind, there is an identification with all life. Then follows the realization that the distinction between "life" and "lifeless" is a human construct. Every atom in this body existed before organic life emerged 4000 million years ago. Remember our childhood as minerals, as lava, as rocks? Rocks contain the potentiality to weave themselves into such stuff as this. We are the rocks dancing. Why do we look down on them with such a condescending air? It is they that are the immortal part of us.

If we embark upon such an inner voyage, we may find, upon returning to present day consensus reality, that our actions on behalf of the environment are purified and strengthened by the experience. We have found a level of our being that moth, rust, nuclear holocaust or destruction of the rainforest gene pool do not corrupt. 🧘

The commitment to save the world is not decreased by the new perspective, although the fear and anxiety which were part of our motivation start to dissipate and are replaced by a certain disinterestedness. We act because life is

the only game in town, and actions from a disinterested, less attached consciousness may be more effective.

We are the rocks dancing.

The human species is one of millions threatened by imminent extinction through nuclear war and other environmental changes. To survive our current environmental pressures, we must consciously remember our evolutionary and ecological inheritance. We must learn to "think like a mountain." 🙏

Edited extract from "Beyond Anthropocentrism" by John Seed in "Thinking Like a Mountain". (ed. See, J and Macey, J) [Online source](#)

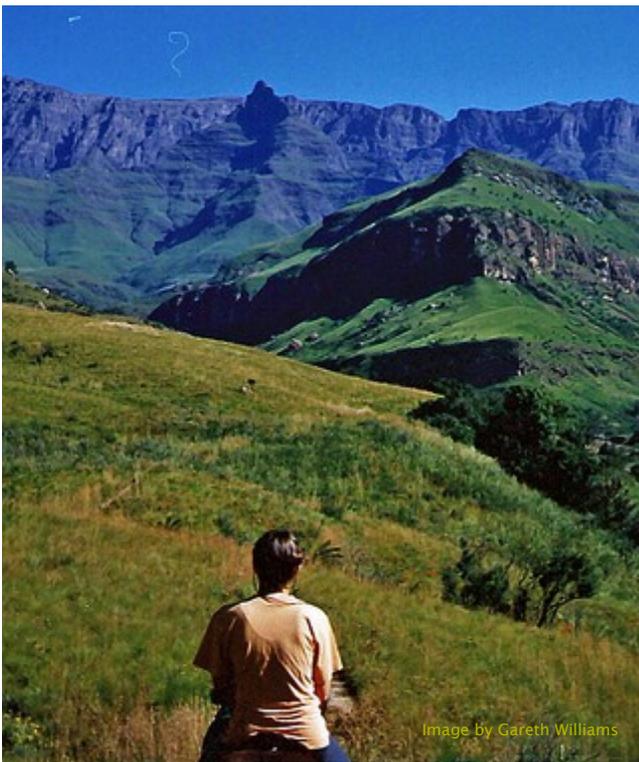


Image by Gareth Williams

Mountains are impermanent

Subject and object of consciousness cannot exist apart from each other. Without an object, the subject cannot be aware of anything. Mountains and rivers, earth and sun, all lie within the heart of consciousness. When that realization arises, time and space dissolve. Cause and effect, birth and death, all vanish. Though we dwell a hundred thousand light years from a star, we can cross that distance in a flash. The saints of the past can return to the present in a microsecond, their presence as vivid as a bright flame.

You are there, because I am here. We inter-are. If we do not exist, nothing exists. Subject and object, host and guest, are a part of each other. I knew that when morning came, I would not find anything new or unusual about the visual world. The blue sky in the west and the pink horizon in the east exist only in my consciousness. Blue does not have a separate life, nor does pink. They are only blue and pink in my consciousness.

It is the same with birth and death, same and different, coming and going. These are all images in our consciousness. If you look into my eyes, you will see yourself. If you are radiant, my eyes will be radiant. If you are miraculous, my consciousness will be miraculous. If you are distant and remote, I will be distant and remote. Look into my eyes and you will know

if your universe is bright or dark, infinite or finite, mortal or immortal. Let us welcome impermanence and non-self. There is no need to seek a Pure Land somewhere else. We only need to lift our heads and see the moon and stars. The essential quality is awareness. If we open our eyes, we will see. 🙏

Excerpt from "Fragrant Palm Leaves" by Thich Nhat Hanh [Online source](#)

Before practicing meditation, we see that mountains are mountains. When we start to practice, we see that mountains are no longer mountains.

After practicing a while, we see that mountains are again mountains. Now the mountains are very free. Our mind is still with the mountains, but it is no longer bound to anything.

Thich Nhat Hanh [Online source](#)

WHO WE ARE

The Communities of Mindful Living are inspired by the Buddhist teachings of Zen Master Thich Nhat Hanh (pictured).



We aspire to live fully in each moment for the peace and happiness of ourselves and all beings. We meet regularly to observe the art of mindful living and to foster a supportive community of practitioners. 🧘

Contacts

Sydney, Inner West - John Barclay
barclayjohn0@gmail.com

Sutherland Area - Lorraine Curtain
loricurtain@optusnet.com.au

Northern Beaches - Dharma Boat Sangha
Andrew Condell
raandrops@gmail.com

Blue Mountains - Ann Morris
annmorris52@gmail.com

Newcastle - Hannah Perkins
han.perkins@gmail.com

Caboolture Qld - Joyce and Rhys Davies_
rhystdavies@yahoo.com.au

Lismore Area
5mountainscommunity@gmail.com

www.lotusbudsangha.org

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We would love to hear from you.
We want the The Lotus Bud to be a place for sharing our experiences and building the Sangha; so why not write a short piece about your experiences with mindfulness ?

Email: cbarker@uow.edu.au

Post: Chris Barker, Faculty of Arts,
Uni of Wollongong, 2500

Reading bell

As you read this magazine you have an opportunity to go back to the present moment.

You will notice a bell: 🧘 throughout the magazine.

When you come to each bell, you may like to stop reading, clear your mind and return to your breath before continuing.

Our activities

Wednesday Mindfulness
Meditation
Sydney, Inner West

We welcome all to come join us for meditation practice. We meet at 7:30 pm each Wednesday at the Buddhist Library, Church St, Camperdown, Sydney.

Meditation and monthly
Mindfulness Days at
Canley Heights

Southwest Sydney - 7.30pm
Friday Night Meditation and
Monthly Mindfulness Days.
49 Ferngrove Rd Canley
Heights.

Mindfulness Days at Nhap Luu
(Entering the Stream)
Meditation Centre
221 Maria's Lane
Beaufort VIC 3733
streammpc@gmail.com
www.plumvillageasia.org
0431 470 172

Online sources for articles in this issue

<http://www.abuddhistlibrary.com/>

<http://www.rainforestinfo.org.au/deep-eco/TLAM%20text.htm>

<https://stillwatersanghamn.wordpress.com/2015/07/15/if-we-open-our-eyes-we-will-see/>

<https://www.pinterest.com/apiradeeudomsak/thich-nhat-hanh-quotes/>