

# Toward an Integral Ecology of Mind: Being Happy Now

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Truth is one; many are its names. — *Rig Veda*

## The Primordial Two Truths

The normal obscuring sectarian biases that constitute our deep cultural background 'global web of belief' may be somewhat mitigated by an awareness that the many names and forms (*namarupa*) in our Primordial Wisdom Tradition for the ultimate ground of being are discursive, relative-conventional finite truths, mere concepts and metaphors for infinite dimensional Ultimate Truth (*paramartha satya*). Ultimate Truth may be understood as a conceptually ineffable, nondual (prior to the subject-object split), vast unbounded whole; basal formless selfless primordial source or ground; awareness-consciousness itself in whom the spacetime dimension of form—Relative Truth (*samvriti satya*) arises and participates. These Two Truths are an indivisible ontologically prior and always phenomenally present one truth unity (*samatajnana*).

These names and signs symbolize and support our *direct*, noetic trans-conceptual recognition (*yogi pratyaksa*), then stabilized realization and ethical fruition of the great mystery of the *Word-Logos*, breath of many voices, fugue of the always already present indwelling Presence of the *logos*-ground that we actually are—our 'supreme identity'.

This great reality is the fundamental underlying perfectly subjective panpsychic unity of all appearing objective form—primordial source, boundless whole that is the very Nature of Mind, 'Big Mind' in whom 'Small Mind' matter/energy form ( $E = mc^2$ ) and all of us instantiations of it arise, appear and participate. It is this innate, indwelling primordial wisdom awareness (*gnosis, jnana*) love-wisdom Presence (*vidya, rigpa*) who understands, realizes and compassionately expresses toward living beings this 'innermost secret' infinite geometry and gravity of the boundless Great Love itself.

## Primordial Being Itself

What are the names of monistic primordial godhead, whether theistic or non-theistic nondual? Tao, *Ta'i Ch'i*, Wu/Mu, Zen, *Purusha*, *Nirguna Brahman*, *Parabrahman*, *Satchitananda*, *Samantabhadra*, *Shunyata*/emptiness, *dharmakaya*, *tathata* (thatness, suchness), *kadaq*, the Base (*gzhi rigpa*), *dharmadhatu*, *dharmata*, *mahamudra*, *mahabindu*, *Apeiron/Chronos*, *Anthropos*, *Urgrund*, *Fitrah*, Allah God, *al-haqq*, *Bathos/The Depth*, *Ein Sof*, *Atzmus*, *YHWH/Yahweh*, *Logos*, I Am That I Am Presence of Moses and the Prophets and of Jesus the Christ, *Abba* God nondual Primordial Father all-ground. These discursively imputed reifying names signify the conceptually ineffable, but not contemplatively unknowable perfectly subjective, interdependent, nondual prior yet always present unity of all that is.

So many names for that nameless, selfless (*anatman*) awareness ground which embraces and subsumes all name and form (*namarupa*).

"What's in a name? A rose by any other name would smell as sweet?" (Juliet Capulet) Who am I? *Tat Tvam Asi*. That I Am, utterly beyond our concepts and beliefs.

Although this great awareness continuum is known by these and many other names, it is always the infinite still womb of our great Wisdom Mother (*Prajnaparamita*, Maria, Shakti, Isis); indivisible, divine, 'supreme source' or 'groundless ground'; our great gift of finite objective-subjective arising spacetime phenomenal reality. She is always already present here and now—nondual luminous, numinous Presence of That.

### Being Here

Light-matter-energy-motion ( $E = mc^2$ ) of form that arises and appears as the *prana* life-force or 'breath of life' of our body and mind with all its sentient experience is this continuously arising relative spacetime phenomenal reality descended from our perfectly subjective primordial 'supreme source' ground. This light/life energy of form is *prana/vayu*, *ch'i*, *tsal/lung*, *pneuma* (Holy Spirit), *spiritus*, *hsing-ch'i*, *ruach*, *an-Nur*, *rupakaya*, *pleroma*. All of these names translate breath/spirit. This Holy Spirit *prana* wind pervades the entire human body-mind upon each breath, whether or not we are conscious of it. Being consciously aware of it changes everything. *Prana* life energy is very breath of the primordial awareness ground of being. Each mindful breath is breath of That. That (*tathata*) pervades all of our distractions and obstructions. This then is the mindful contemplative meditation practice of the Path—the many ways of the profound atavistic Primordial Wisdom Tradition of our species.

This universal mindfulness practice may be viewed as our conscious finite portal that enters in and connects to the always already present infinite ground of primordial being itself. Well then, who is it that connects? And who is it that is already connected?

### Who Am I?

The ever-present Witness of our primordial source-ground is pure formless, selfless intrinsic awareness Presence of that ultimate reality, already spontaneously present and awake at the spiritual heart (*hridayam*) of each human being. This Presence is known as *vidya*, *rigpa*, *logos-christos*, the 'I Am That I Am Presence' of Moses and the Prophets, and of Jesus the Christ), *parousia*, *purusha*, *atman-saksin*, *ming*, *tawhid*, *shekhina*, all abiding beyond the 'three times'—past, present, future—in *turiya*, the fourth time of this timeless eternal moment now. Yes. Now is when and where everything happens.

'Original wakefulness' (*bodhi*, *samadhi*, *moksha*, *kensho/satori*, *apolutrosis*) to that indwelling original intrinsic awareness Presence, always already present through our consciousness processional of objective and subjective experience, is for human beings, liberated ultimate Happiness Itself, the happiness that does no harm, the happiness that cannot be lost. Wonder of wonders, "It is already accomplished", deep within us now.

## What is Your Mind? Primordial Wisdom Mind

This ever present Presence of our kind, compassionate love-wisdom mind recognizes, then realizes and compassionately expresses itself through altruistic ethical conduct—thought, intention, and action for the benefit of living beings. Just so, the knowing of Ultimate Truth, our primordial awareness-consciousness ground—innate, nondual primordial awareness—arises as the inseparable unity of love and wisdom.

Our great wisdom tradition's names for this always present primordial love-wisdom Presence are: *gnosis, jñana, yeshe, christos* (Christ Presence), *noesis, fana, Shakti, shekina, Samantabhadri, Prajnaparamita* (Wisdom Mother of the Buddhas), *tathagatagarbha* (*Buddha nature buddhadhatu, Buddha mind buddhajnana*).

Yes. That is our actual primordial love-wisdom nature—bright Presence of That—who continuously recognizes then realizes itself as ultimate original spacious unbounded whole itself (*dharmadhatu*), our infinite 'supreme source' (*dharmakaya*) that is not other than our infinite 'supreme identity'. What is your mind? That is your mind!

How then shall we accomplish in our busy lives this 'already accomplished' realization that is the 'innermost secret' of the Nature of Mind? It is through 1) *dhyana/meditation: shamatha, smrti, sati, bhavana*, mindfulness of breathing, *vipashyana, Atma Vichara, zazen/shikantaza, gompa* under the guidance (*satsang*) of a qualified living master that we stride this joyous wisdom path; and 2) kind, compassionate *bodhicitta* (heart-mind of enlightenment), the natural, altruistic thought, intention, and action for the benefit of living beings. The great wisdom masters of the three times have told this.

There abides an indivisible quiescent stillness at the heart of motion. Being that peace is the great 'already accomplished' work (*sadhana*) still to be done. Thus do we realize, then express in the world—for all beings, and thus for oneself—that prior unity of wisdom and compassion that is both relative conventional happiness (human flourishing, *felicitas*), and liberated ultimate Happiness Itself (*paramananda, mahasuka, beatitudo*). Such double happiness is fruition and kind life-world expression of the View and Path of this great involutory descending and evolutionary ascending process.

Such a realization is, this moment now, already awakened in the eternal womb of our great Wisdom Mother, infinite potential of the compassionate, continuous nondual *samadhi* of certainty, peace and joy. That is our selfless love-wisdom mind, ever present Presence, by any name: *Christos/Christ nature, Buddha nature, I Am That I Am*. It is That according to the masters of humanity's wisdom traditions that is our Heart's desire, essential Nature of Mind (*cittata, sem nyid, gnosis*), heart-mind essence (*svabhava, cho nyi, asti, ousia, eidos*) that is the actual supreme identity and already awake ultimate happiness of each one of us; and indeed, of every sentient being in every dimension of every world system. Who am I? *Tat Tvam Asi*. That I Am! Without a single exception.

Now that you know this 'open secret' of human happiness, rise up and do some good. It will make you happy, not in some future perfect mind state, but right here now.