

March 15/26

A Blossoming of Sublime Understanding and Love – Unbroken Wholeness, the Sadhana of Amitabha and Pureland Buddhism –

A series of classes inviting 'Yogis of the Natural World' and long term practitioners of buddha-dharma, to join in an experiential exploration of love and clear seeing, using the lens of this "[Sadhana of Amitabha](#)".

A playlist of recordings for all the classes can be viewed at <https://www.youtube.com/playlist?list=PLDfqQ393gSUJpWgp-thJLAWbwuYMREjvl>

Resources and Reminders class #3 – Refuge

A Musical Metaphor:

Metaphorically, our ongoing experience could be viewed as a symphony produced by the orchestra and choir of our ever evolving, body/mind. The musicians – molecules, cells, tissues and organs – have been developing their skills for millions, if not billions, of years and now, attuned to each other, are collaboratively producing the music of our living. At the same time, we are sensitively attuning to myriad living beings around us, each a symphony in their own right. Together – a symphony of symphonies in a continuous flow of improvisation – we manifest the harmonies and dissonances of an unfolding biosphere. To illustrate this musical theme, I pointed out the exquisite attentiveness of conductor Claudio Abbado as an example of the sensitivity we could perhaps bring to each moment of living. There are many recordings of Abbado's work. [Hearing the Silence](#) is one that I found to be particularly inspiring,

Reflecting on the Sadhana:

The **Prologue** introduces the main themes via view, meditation, and action.

Ancestral Ground invites a more detailed analysis of myriad domains and dimensions of inter-being~inter-knowing.

True Refuge can be approached in three ways: initially as **aspiration**, then as **application** (we learn to apply these themes to all our daily activity), and eventually, as **realisation** – we live this way with confidence.

If you don't feel at home with terms Buddha, Dharma and Sangha, try the following:

I take refuge in pure and total presence.

I take refuge in love, compassion and clear seeing deepening everywhere.

I take refuge in; the diverse ecology of bodhisattva activity.

*Through actively cultivating generosity, wholesome relating, patience, skilled use of effort,
a continuity of caring and enquiry, and profound understanding,*

May I be the diverse ecology of bodhisattva activity,

practising love, compassion and clear seeing,

realising pure and total presence, for the wellbeing of everyone.

For a deeper understanding of 'refuge' along with many alternate versions of refuge prayers, see ["True Refuge"](#)

The Heart of Practice

This verse and many others can be found in ["Reflections and Prayers"](#)

Love . . . not push
presence . . . not future-ness
forgiveness . . . not judgement
humbleness . . . not arrogance
gentleness . . . not jumpy, twitchy, start/stop
breathing now . . . not dreaming of elsewhere
smiling now . . . what else is there?
simplicity now . . . not frantic-ness fractionating.

Watching the sun rise
hearing the bird call
feeling the earth turn
tending the garden . . . one weed, one plant, one leaf at a time.

Sitting when sitting is good
reclining when reclining is good
moving when moving is good.

Flowing with nature
honouring fullness
smelling the flower
savouring the coffee
answering the phone
embracing the healing
this wholeness
this mystery
knowing our roots, our 'back-up', the triple ground of being,¹
contemplating the great mystery of the (so-called) ordinary,
praying for the well-being of everyone.

Such is the heart of practice.

¹ "Triple Ground of Being" The ground of being/becoming is where our roots find strength and sustenance. Triple ground refers to the ecological ground, the ancestral ground and the ground of inspiration, mentorship and wise guidance. Each one of these three can be found in the inter-beingness of the other two.

To explore this more completely, see ["Touching the Earth in Six Prostrations"](#)