

The Three Doors of Liberation

Emptiness – to be full of everything but empty of a separate existence

Practicing openness and non-attachment to views is fundamental in Buddhism. That is why, even though there are dozens of different schools of Buddhism, Buddhists have never waged a holy war against each other.

Signlessness – Death is essential to making life possible. Death is transformation. Death is continuation.

There is more than what meets the eye. Appearances can be deceiving, distracting us from seeing the true nature of reality—the cloud is not gone. When is our real birth day? When looking at a grown oak- where is the acorn? It is there and it is not.

Where there is a sign- there is always deception? Don't understand this. Page 44

Eight Bodies

- Human Body
- Buddha Body
 - “our capacity to be awake and fully present, to be understanding, compassionate and loving”
 - to be fully awake and working for the awakening of others.
 - Anyone can be a buddha
- Spiritual Practice Body
 - the art of knowing how to generate happiness and deal with suffering (like a gardener knows how to use mud to make a lotus flower grow)
 - Dharma Body
 - The more solid this becomes, the happier we are and the better we are at helping others to be happier and deal with suffering.
 - The “best gift I have to offer”- his dharma body
- Community Body
 - The Beloved Community
- Body Outside the Body
 - We can be in many places in the world at once.
 - When a father sees his son and also sees himself
 - When something we wrote or shared is being read or used somewhere else, we are there also
 - Even as we study this book, Hanh is here!
- Continuation Body
 - The energy we produce in our thoughts, words, and actions carries our signature; this energy continues to influence the world.
 - When you produce a hateful thought or anger or despair, it harms you, and it also harms the world. When you produce compassion, love, and understanding, it heals you and heals the world.
 - Where do you already see your Continuation Body in the world? (page 71)

- Cosmic Body
 - encompasses the entire world
 - If the human body is a wave, the Cosmic Body is all of the other waves in the ocean
 - We are made of stardust-- page 73 (the new ritual for receiving of ashes in some churches)
 - We don't just return to earth when the Human Body dies-- are in the earth and the earth is in us
- The Ultimate Body
 - This is the deepest level of the cosmic: the nature of reality itself, beyond all perceptions, forms, signs and ideas. When we touch the phenomenal world deeply enough, we go beyond appearances and signs to touch the ultimate truth, the true nature of the cosmos, which cannot be described in notions, in words or signs like "birth" and "death" or "coming" and "going."
 - The deepest level of our consciousness, which we call "store consciousness," as the capacity to directly touch the ultimate- the realm of reality itself.
 - When we are in touch with our cosmic body, it's as though you stop being a block of ice floating on the ocean and you become the water.

Everything inter-is

Each of the different bodies is connected to the physical body, the Buddha body, the spiritual practice body, all of them. Our human body contains both our cosmic body and the true nature of the cosmos, reality itself, beyond all words, labels, and perceptions.

The cosmic body is the universe, creation, the Masterpiece of God. Looking deeply into the cosmos, we see its true nature.

If we are in touch with our Cosmic body, Our God body, we are no longer afraid of dying. This is the cream of the Buddha's teaching and practice. There are those who can die happily in peace because they have touched this insight.

Aimlessness – You are already what you want to become. You are a marvel. You are a wonder.

The way "out" is "in" —we already are what we want to become. Once we see that we ARE the world, we already are everything we are looking for.

It is about not chasing after certain cravings.

As soon as there is stopping, there is happiness; there is peace.

Stop and look inward. This is the way to be deeply established in the present moment.

We touch our Cosmic Body.

Only the present moment is real.

Identify our cravings and let them go.

"We just need to live a simple, authentic life."

The Kingdom of God is available in every moment. The question is, are we available to it?

Page 86-- reminds me of Luke 17:21

New Notes since the first meeting

Aimlessness is a really powerful concept.

Wish that Judy Garland had met Hanh.

"I've always taken The Wizard of Oz very seriously, you know. I believe in the idea of the rainbow. And I've spent my entire life trying to get over it." If only she had stopped and realized that everything she had ever wanted was already there. Not over the rainbow.

Where is the cypress that I keep missing (page 90)?

The ACTION OF NON-DOING

We keep thinking that we have to "DO," but we need to just "BE"

Boat illustration- page 102

WORLD LEADERS NEED TO HAVE TIME TO PRACTICE PEACE TOGETHER--

We say there isn't time, but how costly is the continuation of war??? Page 103

The idea that it all belongs to God and is of God...Psalm 148

The rocks, the trees, the hills all praise God. Not just humans. Not just "living things."

SO MUCH great stuff in here-- Shared Dreams- page 105

The dream is now on page 108

I am here- page 112

Page 152- Think about the things available to yourself now that make for happiness.

I tried this, and it was pretty cool. I could have kept listing and listing things.

However, I think that this is something for sure for the privileged, like me. I recognize my privilege and would never tell someone else, "Think of how lucky you are!" "It is all in your attitude!" Because that is just not real. Many are struggling just to live.

Page 157 Time is Life

Don't just do something to get it done.

This has really helped me with my eating disorder. I used to exercise to "get it done." Lately, I have been trying to be mindful when I eat and also mindful when I exercise- I do it for the enjoyment of the act. For the blessing of being able to move my body.

This is reminiscent of Brother Lawrence's Practice of the Presence of God.

Page 159 Sitting Meditation

Again, I started to wonder about the legitimacy of "doing nothing," then I remembered that Hanh was at the forefront of "Engaged Buddhism." Being at ease, being in stillness, and "doing

nothing” is cultivating peace, joy, and compassion--- that is what we need to solve the problems in our lives and the world.

Page 165-- The art of living happily is also the art of transforming our afflictions--- this is like Rohr's, “Pain not transformed is pain transmitted.”

Again, why do these same ideas come up in so many places--- they are Universal Truths!

When Hanh talks about suffering, I get very twisted up. I keep thinking about all the horrible suffering in the world...but then I found some of those articles, like the one here.