

BASIC GOODNESS ENERGY

By Pierre Zimmerman

The dignified and upright position we assume in meditation demonstrates the strength of our connection with the awakened heart, or basic goodness, which expresses gentleness and vulnerability. Meditation also provides a sense of being grounded in the earth element, stabilizing and resting the body and mind, identifying with the out-breath, as it is often the longest breath, then the pause, and then the in-breath, which activates the heart more so than any other breath. Through the simple act of joining our breath as it goes out, we develop confidence, releasing all tension. We can be that breath as it goes out and dissolves into space.

In and of itself, our mental chatter is not a problem. It's a good sign that we are alive. We just label it "thinking." It takes a great deal of energy and intelligence to sustain confusion and habitual patterns. We spent ample time constructing a wall of ignorance to protect ourselves from the raw and rugged quality of our life. In other words, we cut ourselves off from the reality of life.

We can see the transparency of that barrier and begin to take down this wall during meditation, brick by brick, so that the energy of basic goodness begins to rise. People have to work with illness, death, poverty, aggression, racism and all sorts of challenges. This unending energy of basic goodness enables us to go on, even when we feel we can't. This energy is always there, just as the sun always shines. We can be fully charged through this practice, knowing we have this inherent power or energy.

In Tibetan traditions it is called "Windhorse" and it supports others and us. The experience of "Windhorse" is feeling this joyful mind, free from doubt, getting in touch with where you are, completely and genuinely open to the never ending energy of our basic goodness. It is the life force within us, and we are rarely able by looking at someone to know how they meet and direct the life force within, nor do we judge them for expressing "Windhorse" as best as they can. We want to align with it as often as possible.

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