

GEDE PRAMA

Compassion

*Illuminating the inner darkness,
rediscovering the lost home*



Compassion

**Illuminating the Inner Darkness,
Rediscovering the Lost Home**



Front Gate
*Illuminating The Inner
Darkness*

Through flowers of compassion, first of all humanity begin to learn illuminating the inner darkness of violence, anger, revenge, etc. Then we human being can bless this planet by love, kindness and compassion

Illuminating The Inner Darkness

Similar to live in a small village, nowadays it's hard to live peacefully without deeply understanding the others. In the same way, Indonesia is based on

*It's hard to live peacefully without deeply
understanding the others*

Panca Sila (the Five Precepts), some other countries base their law on God and religion, but in other parts of the world there are many people who proudly declare themselves as atheist. Refer to different people as enemy, not only the time has passed, but also reflecting one's inner darkness.

The Touching Gift of Understanding

Reading a book written by one of the atheist public figure Richard Dawkins titled God's Delusion, was truly a touching spiritual journey. First of all finding this

Refer to different people as enemy, not only the time has passed, but also reflecting one's inner darkness

book as best seller because it was sold over two million copies worldwide, it was a spiritual surprise.

Surprise because many people used to view God as something sacred, and suddenly millions of our neighbors deny God. Second, spending more than eleven US dollar to buy a series of opinion which is against with our old beliefs, it was

Understanding is not only a gift to others, but also a gift to oneself. Through understanding one begins to be free from judgment which can become the seeds of deep peace

actually a spiritual struggle. Thirdly, reading page after page until page of more than 450, was truly an impressive course of being patience. And as the other kind of hard work, there is a gift given, that is the gift of understanding. Understanding is not only a gift to others, but also a gift to oneself. Through understanding one begins to be free from judgment which can become the seeds of deep peace.

*Understanding is also
a bridge that
connecting us with the
other parts of life that
we never know*

For any friends who are interested in following this path, understanding is also a bridge that connecting us with the other parts of life that we never know. In relation to atheist, we all learn in the university of life and we can put the atheist similar to the other fellow students who studied at another faculty. On the outside it looks different, but deeply inside we all grow together. This kind of understanding is needed because on page 28 of Dawkins book there is a quote

Guided by the gift of understanding, this latest statement is not an attack to religion, but it is an invitation to touch the heart of atheist in a different way

like this: "If a man has hallucinations he is called crazy, if the one who has hallucination is a group of people it is called religion". Guided by the gift of understanding, this latest statement is not an attack to religion, but it is an invitation to touch the heart of atheist in a different way. The failure to do this that make Dawkins (page 57) openly attack God: "I am in a position of against God and all supernatural power, wherever and

*Through understanding we can
give space to others to grow*

whenever it is ever discovered".

As clearly written in many stories of saints, one of the important characteristic of inner seekers with profound spiritual realization, he/ she is far from anger. All of us need room to grow. Through understanding we can give space to others to grow. To be honest, a lot of people who are hesitant to enter the yard of atheist simply because they do not understand. More than the failure of understanding, some followers of religion even called atheist as disciples of the evil. As a result of it, they fail to give space of growth to atheist. In fact, there are atheist who are also full of love,

*It is easier to save the future of humanity
through understanding rather than
misunderstanding*

kindness, and compassion. One follower of atheist wrote a cool book titled "Can We Be Good Without God?". Meaning, there are many atheist who also have a strong intention to be good. It is easier to save the future of humanity through understanding rather than misunderstanding.

The most important task of meditation is to be a compassionate witness

Watering the Seeds of Understanding

In the old path of meditation, all forms of extremism (extremely right or extreme wrong) are avoided. Mainly because every extreme movement of pendulum will return back to the other extreme. The most important task of meditation is to be a compassionate witness. No matter what happen both in meditation and daily life, just keep a distance. You are not those changing things like happy-sad, peaceful-unpeaceful, good mood-bad mood, you are the witness. Those up and down of inward life are part of us. They are not enemies who will attack us, they are the crying babies

Those up and down of inward life are part of us. They are not enemies who will attack us, they are the crying babies who need our gentle hug. For that reason, witnessing should be carried out in the spirit of compassion

who need our gentle hug. For that reason, witnessing should be carried out in the spirit of compassion. This type of meditation keep watering the seeds of understanding.

In the deep understanding, truth is not only happen in our side, it can also possibility happen in the other group. Any inner inquiry who spent years in meditation know that truth is not something that fixed and permanent, but some thing that keep flowing. It is the same as flower and garbage. Flower today will

Truth is not something that fixed and permanent, but some thing that keep flowing

become garbage in the following days. Waste today is going to be flower in the following periods. In the same

way, friends today can become enemy at other time, truth this year can become something wrong in other year. Meditation water the seeds of understanding by keep being the compassionate witness. There is no end in truth, there is only flow. In the time when we are required to act, as water is

*Meditation water the seeds of understanding
by keep being the compassionate witness*

naturally wet, the nature of a compassionate witness is full of compassion. Consequently, one whose understanding has been watered by meditation always in favor of compassion. In the simple message of HH Dalai Lama: "If you want to be happy practice compassion, if you want others to be happy practice compassion". In this way, religion, knowledge, spirituality cease to be the tool of violence, but a bridge of peace and friendship.

The Touching Light of Bali

Borrowing the ancient tradition of Tibetan, one of the important Guru is symbolical

One whose understanding has been watered by meditation always in favor of compassion

Guru. In the time when civilization is deeply disturbed by terrorist attack, it is meaningful to contemplate on the touching Light of Bali. The most saddening attack of terrorist happened in September 11th 2001, when the twin towers in New York was attacked by terrorist. In the following year, precisely on October 12th 2002

*Countless bullets have been shot by US
army in Afghanistan, Iraq, Pakistan.
Years after Bali bombing, Balinese deeply
suffer, strangely, not even a single small
stone was thrown into the other shrine*

Bali was firstly attacked by terrorist bomb. In the language of symbolical Guru, there is something hidden here. From date of eleven to twelve, from month of September to October, from year of 2001 to year of 2002.

As was clearly written in the history, countless bullets have been shot by US army in Afghanistan, Iraq, Pakistan. And in this year of 2013 terrorist bomb attacked Boston US again. Years after Bali bombing, Balinese deeply suffer because of the decline in tourism industry. Strangely, not even a single small

*When all dualities dissolved,
the only thing left is beauty*

stone was thrown into the other shrine. Above all, in the

moment of Bali bombing, the public figure who was awarded international medals by Bali island was a local Muslim leader Haj Bambang. Some western friends asked the symbolical messages behind this.

After deeply learning the spiritual heritage of Balinese elder, in Bali God is called "Embang". The absolute

In Bali God is called "Embang". The absolute aspect of Embang is silence. For that reason, Bali is the only island in the world that celebrate new year with silence day. Since emptiness provide space to everything to grow, the relative aspect of Embang is perfect compassion

aspect of Embang is silence, emptiness, wisdom. For that reason, Bali is the only island in the world that celebrate new year with silence day. Since emptiness provide space to everything to grow, the relative aspect of Embang is perfect compassion. This explains why Balinese offering not only dedicated to upper realms like gods/goddess, but also provide food - in Bali it is called segehan - to lower realm like satan. It does not mean Balinese worship satan, but it is a honest mirror of perfect compassion. In the spirit of Embang, satan is not the enemy of God, it is a dynamic display of the same energy. When all dualities dissolved, the only thing left is beauty. That is why there are many beautiful places in Bali.

Exactly eleven (11) years after the first Bali bombing, one of the spiritual giant of our time (Professor Karen Armstrong) came to Indonesia sharing one of her book titled "Compassion". As clearly written in this latest book, many influential figures from all world religions gathered on February 2009 in Switzerland, and they all agree that the essence of all religion is

Many influential figures from all world religions gathered on February 2009 in Switzerland, and they all agree that the essence of all religion is "Compassion"

"Compassion". People can have different conclusion on this event, this is the right time to return back to the essence of all religions which is "Compassion". Human civilization has been learning long enough about religion, has been suffering long enough because of religion. It is not a curse, it is a long process of gardening. Now it is the right time to reap the flowers of compassion. Through flowers of compassion, first of all humanity begin to learn illuminating the inner darkness of violence, anger, revenge, etc. Then we human being can bless this planet by love, kindness and compassion. That is the only reason why this e-book is published. This simple e-book consist of some materials of contemplation on compassion. Hopefully it can help some readers to grow spiritually.

with compassion,
Gede Prama



1

God As Compassion

*As long as light of love is still there, evil provides
opportunity to beautify the inner garden of heart*

God As Compassion

A few years ago, precisely October 12, 2002 *), for the first time a terrorist bomb exploded in Bali (Indonesia) with the lost of hundreds of lives. Sad, pain, suffering of course. Especially since many years Bali has

Darkness (by which read: anger, revenge, hatred) is not the enemy of light (loving-kindness and compassion). Darkness makes light shine even brighter

becomes the icon of world peace. In an instant, a terrorist bomb changed peace into fear mingled with sadness. It is like being commanded by a force that can not be seen, the various people in the country and abroad provided hands to help. Money, power, medicine, news, entertainment, music all flowing at once.

But above all, there was a cosmic message worth noting. The people of Bali whose place of birth and life was destroyed by a bomb blast responded in a very touching way. About the story of anger returned by anger, blood paid by blood, hatred paid by hatred, destruction have no friend other than destruction, all too often we hear, read and watch. However, destruction followed by friendship, human blood disasters responded with calm, suspicion of others replaced by empathy-sharing, is not this an event worthy of cosmic contemplation? **)

*Sadness is not fuels of anger. Grief is
opening the gate from which the light
will enter the soul*

God in the Heart

Even rarer, Balinese roll up sleeves. From transporting victims of human bodies torn apart, holding a bloody, salvage what they could, to jointly reduce the negative emotion of mass. The result, after years of the incident is over, even through the courts have determined who the offender complete with the sentence, Bali faces have not changed: hatred should not be followed by hatred, the destruction is not necessarily accompanied by resentment, human blood does not have to be paid by human blood. In the simple logic of mother nature, darkness (by which read: anger, revenge, hatred) is not the enemy of light (loving-kindness and compassion). Darkness makes light shines even brighter. As seen by many spiritual eyes in the depth of the deep, as long as light of love is still there, evil provides opportunity to beautify the inner garden of heart.

Several years after the terrorist bombings, suffering experienced by many people of Bali. Tourists who

*Suffering because of terrorist bombing
was not only solved, but also transformed
into the flower of growth*

came to Bali plummeted drastically, many layoffs, the future was uncertain. Sad, of course. But again, sadness is not fuels of anger. Grief is opening the gate from which the light will enter the soul.

For anyone who has spiritual sensitivity, noted this incident in the heart, may open the doors of understanding. Most people respect and love God who is found in the mosque, church, temple. Companions of Islam do five daily prayers at the mosque. Christian Friends save countless number of songs of praise for God, friends of Buddhists even prostrate to the Buddha statue. The Hindus have hundreds of rituals to worship the Lord in the temple.

The question then is, if respect for God in places of worship such solemn, is there a friend who also did a solemn reverence for God which is immanent in the heart of husband, wife, parent, son, daughter, neighbor, boss, subordinate, governments, other human beings, animals, plants and other faces of immanent God? Many agree, God is transcendent

*When we can love lower creatures,
it is easy to respect the above*

(above) as well as immanent (dwelling in the hearts of all beings). In the language of Buddhism, all have the essence of the Buddha nature. This means, cherish all beings means loving God as well.

Transformation at the Root

HH Dalai Lama was once asked about the meaning of God, with a gentle smile nobel peace prize winner in 1989 was muttering: "God is infinite compassion". In this sense, the terrorist bombings in Bali two times has made us to see the Lord (by which read: infinite compassion). As well as provided inspiration that the hatred, anger, revenge, blood spills and the human cost of war fighting, could be halted until its deepest roots by infinite compassion.

As comparative materials of contemplation, terrorist explosion in the World Trade Center New York 11 September 2001, has been followed by the attack on Afghanistan, Iraq, Pakistan. How many bullets were fired, how many bombs have been launched, how

*As a cosmic message, the deepest blessings
that Bali could provide to the world,
we could see the face of God as infinite
compassion. Any heart who see this light of
God will find even in the darkest darkness
life shines with lights*

many aircraft are deployed, how many warships and tanks are behind this vendetta and revenge. And as already recorded clearly in history, there has been no sign that terrorists have learned any lessons, yet there are no signs that the U.S. with its allies satisfied with vengeance and attack. The U.S. even declined in many sectors. In the year 2013, Boston (USA) was even again attacked by terrorist bombing. And most importantly, the fear of people in the world against new terrorist attacks has not decreased.

Bali is only a small island. However, the incidence October 12, 2002, plus also the second Bali bombing, has become a monument to the life, that Bali has given a comparison of how humanitarian issues should be resolved. More than a finished, a few years later many times Bali has been named as the best island in the world as a tourist destination by the international medias. In deep spirituality, this is called “transformation at the root”. Suffering because of terrorist bombing was not only solved, but also transformed into the flower of growth.

Sometimes there were foreign friends ask, what makes Bali so touching? One thing that is unique in Bali is a religious ceremony. And the unique ritual in this place, people do not just worship and thank you to the higher realms, but also give treats to the lower realms (similar to Tibet). With due respect to the different traditions, the companions in under realms - which elsewhere is often called the devil - was also given a treat. Not because the Balinese worship the devil. But treat the companions below are the expression of infinite compassion. It is also unique, almost in every house there is "*penunggun karang*" (home place of lower realms). Put it simply, before the place became the home of man, Balinese believe the local place was occupied by the lower realms. Because their home was taken, then they are given a treat and home. This is God as compassion. Compassion is not just radiate upward and into the middle, also down. To the creatures who are elsewhere expelled, humiliated, reviled. When we can love lower creatures, it is easy to respect the above.

With this whole stack of insights, terrorist bombings in Bali two times indeed been costing a very expensive cost. Hopefully it will never happen again. But as a cosmic message, the expensive cost also followed by expensive blessing. And the deepest blessings that Bali could provide to the world, we could see the face of God as infinite compassion. The kind of God that everyone miss. Any heart who see this light of God will find even in the darkest darkness life shines with lights.

*) Exactly a year after the World Trade Center twin towers in New York was toppled by terrorist plane, as it happened in 2001 and in Bali occurred in 2002. Exactly a month after the same event because there happened in September, while in Bali occurred in October. Exactly one day after the date of the event in New York because there the 11th, in Bali occurred in the 12th. Details, in New York occurred on the date 11-

9-2001, in Bali happened on date 12-10-2002. A series of cosmic signs should be observed.

**) In the year 2012 the Balinese who live Lampung Sumatra were attacked, in the year 2013 the Balinese who live in Sumbawa were also attacked. Some Balinese at that places ran away to the forest, few even die, but there was no sign that the Balinese try to revenge. That is why some of spiritual teacher in Indonesia concluded that the Balinese have a better peaceful gene.



2

Compassion, Peace, Healing

*Energy of healing and peace available everywhere
when one is perfectly rest in this moment*

Compassion, Peace, Healing

Learning deeply from many unsolvable problems, unhealble diseases, unresolvable war conflicts, human civilization nowadays is in a deep longing for healing energy. Look at the increasing rate of suicide, divorce,

*As has been noted by many spiritual seekers
for years, the aura of Bali is peace*

strange illness. When it comes to conflict, even in the religious institutions intense conflict happened everywhere. The question then, where is the healing energy and peace can be found? Other places may have a different aura. As has been noted by many spiritual seekers for years, the aura of Bali is peace. For this reason, let this humble article share the aura of peace and healing.

*Mind which is tormented by
partiality will never
experience peace*

The Ground

It is hard to imagine that there is deep spiritual journey when the mind is still gripped by duality (good-bad, right-wrong, etc.). God is positioned as the enemy of satan. Buddha fight against mara. The stronger duality shakes, the farther one away from peace. As suggested by many masters, mind which is tormented by partiality will never experience peace.

*Beautiful garden as symbol of healing teach
us, no matter weed appears again and
again, the job of skillful gardener
Keep smiling in cleaning the weed*

To be frank, duality is only needed at the beginning. It is like vehicle that helps us on the journey. Similar to traveling to the top of mountain, when we drive on the toll road we need a car. In crossing the lake one needs boat. But as soon as one arrives at the top of mountain, all equipment and vehicle must be left behind.

For this reason, Balinese elder taught: "*rwa bhinedane tampi*". It means, learn not to oppose duality, embrace duality with the same smile. It is like day and night, eliminating one of them is equal with obliterate both of the two. In the language of gardener, we are all unique mixture of grass (by which read: good quality) and weed (bad quality). Similar to beautifying the garden, eventhough weed is cleaned every month, it appears again and again. Beautiful garden as symbol of healing teach us, no matter weed appears again and again, the job of skillful gardener keep smiling in cleaning the weed. In the same way, we human being have both health and sickness inside. Ultimate healing happens when we keep smiling to whatever present in the present.

Ultimate healing happens when we keep smiling to whatever present in the present

In this light, it is easy to understand why meditation keeps suggesting always to be a compassionate witness. In sitting, walking, eating, drinking, sleeping, showering, even dreaming always remember to be a compassionate witness. Then it is possible to recognize that all forms of thought, feeling are like clouds that coming and going. Suffering happens when one attaches to the white cloud of happiness and rejects the dark clouds of sadness. Condition of free from suffering happens when one is no longer identify oneself with limited and changing clouds, but rest in the unlimited and unchanging blue sky.

Condition of free from suffering happens when one is no longer identify oneself with limited and changing clouds, but rest in the unlimited and unchanging blue sky

The Path

Deeply guided by the ground of "*rwa bhineda*", then

*All dedication that is done beyond
duality make all the way meaningful*

steps in the daily devotion (note: Balinese prefer devotion as the path) become full of light. Devotion is no longer burdened by targets. This is beautiful devotion, because all dedication that is done beyond duality make all the way meaningful. In the language of Jetsun Milarepa: "all directions contain holy books". Borrowing from psychologist Carl G. Jung, life is full of synchronicity.

As soon as one arrives here, every place is peace, every time is peace. Season can change all the time, but all season has its own function. Raining season is the time to umbrella seller to sell. Hot season is the time when the ice cream seller to sell. Praise is a moment of motivation, blame is a training to be humble. No waste in life, all is holy scripture. All has its own meaning.

Seen in this way, it is easy to understand that all Buddha statues are smile. Smile indicating that one is able to be the friend of all. More than that, smile is a good sign that one has become a master. No longer

*Praise is a moment of motivation, blame is
a training to be humble. No waste in life,
all is holy scripture. All has its own meaning*

become the victim of life. In the beautiful song lyrics of Bee Gees: "smile, an ever lasting smile, the smile that brings you near to me". Always remember to smile, only smile that brings one closer to God or Buddha within.

The Fruits

Deep inner seekers who are well trained in this case, will be very easy to touch the energy of healing and peace . While some seekers still chasing to attain

*More than that, smile is a
good sign that one has
become a master*

healing and peace, these inner seekers are able to experience that life is peace, life is full of healing energy. This is

possible because one of the important reason why most people have energy deficit then having many stress and disease, because they waste many energy in seeking, blaming, condemning.

Under the guidance of "*rwa bhinedha*", holy books are

*Similar to sugar which is naturally sweet,
grass which is naturally green, emptiness
as a high spiritual realization is
naturally full of compassion*

available everywhere, synchronicity, energy is no longer wasted. It is perfectly cycling inside. Human body is a good example. Food as source of energy entering through mouth. Dirts come out through anal. Good people, beautiful experience, success are like food. Bad person, failure are like wastes. All is cycling. Energy of healing and peace available everywhere when one is perfectly rest in this moment.

In the technical terminology of deep meditation, rest means that one is beginning to attain emptiness. To put it more precise, it is empty and full of luminosity as well. Similar to sugar which is naturally sweet, grass which is naturally green, emptiness as a high spiritual realization is naturally full of compassion. As we can not separate sugar with sweet taste, we can not separate grass with green color, we can not separate emptiness with compassion. This is the most important reason why the daily life of the enlightened is full of compassion. Compassion is the natural state of emptiness. With deep practice of compassion, then the enlightened not only heal themselves but also heal the world.

*With deep practice of compassion,
then the enlightened not only heal
themselves but also heal the world*

Research

In the past, the story that compassion heals is only heard in spiritual places. But nowadays it has been researched widely. One of an old research in this case is the finding that people who have pets at home tend to have less possibility of heart attack. After deeply interviewed, the conclusion is simple. Those who have pets at home, they have a feeling of being needed. They positively feel that there is something waiting at home.

Another well known research, some students were divided into two groups. The first group watched the touching movie of Mother Teresa who was full of compassion in serving the poor in Calcutta India . The second one watched the ordinary movie. The conclusion at the end is very clear, the immune system of the first group is far better than the second.

Professor Daniel Goleman of Harvard University is one of the prominent public figure who widely shared

*People who have pets at home tend to
have less possibility of heart attack*

hundreds of researches proving that meditation on compassion heals. In some occasions, Tibetan Yogis were entered into health instrument of MRI. Again the conclusion is the same, compassion heals.

Psychologist Thomas Bien, Ph. D who is also a deep meditator in some of his rich books such as Mindful Therapy, Mindful Recovery, Finding The Center Within, The Buddha's Way of Happiness, collected many proven researches that come into the similar conclusion. Neuroscientists Rick Hanson, Ph. D with Richard Mendius, MD in their book titled “Buddha’s Brain: The practical neuroscience of happiness, love and wisdom’, is another rich reference. Paul Gilbert Ph. D a professor at the University of Derby (UK) in his book titled “Compassionate Mind: A New Approach To Life’s Challenge” also contains many research related with meditation on compassion heals. In a simple conclusion, there are two logics that can connect between compassion and healing. First, compassion improves immune system, then body can heal itself. Second, objects of compassion like pets create feeling

Compassion improves immune system, then body can heal itself. Objects of compassion like pets create feeling of being needed. The latest feeling then make life expectancy improve

of being needed. The latest feeling then make life expectancy improve.

Invitation to Act

Back to the previous stories of Balinese art of peace and healing at the beginning of this paper, the perfect compassion (*urip lan nguripi*) is the natural manifestation of emptiness (*nyepi lan ngewindu*). Through this kind of compassion one can access the energy of peace and healing everywhere. As an invitation to act, start the journey by going beyond duality, learn to smile to all present of the present, and finally express it with deep compassion. With these steps in hand, we do not only heal ourselves, but also contribute in healing this crying world



3

In The Eyes of Compassion

*Meditation, prayer are sorts of watering the inner garden.
As a result, everything is a cosmic song. Especially
when life is seen in the eyes of compassion*

In The Eyes of Compassion

When former U.S. president George W. Bush was thrown by shoes, then the former Libyan president Muammar Qaddafi was replaced in a very disrespectful way, honestly the world of leadership is

*Only in the true home then we can have
a sense of connection*

in deep mourning. In ancient times, civilization could be bright because leaders were well respected. At that time, leaders were one source of light. The question then, in the age where cosmic instabilities happen everywhere, where will the light come from?. Honestly, sadness is the only shelter of this time. Not sadness that can burn anger, but sadness as the opening door of connectedness.

It is often heard, sadness - especially when frequently appear, with more and more intensity - is a sign that one grows too far from home. It is a bell ringing to remind mankind to go home. Only in the true home then we can have a sense of connection.

In the far past, when civilization was still very barbaric, grief was concluded as the gods disappointment, threatening demon. It is understandable because people were still stupid then need to be frightened. Now, when the average education is high, science and technology growing so rapidly, the world becomes a global village through the internet, face book, twitter, people need a much more mature ways of looking.

*When the mind is fully recovered from
anger, then life is an opportunity to
practice the touching compassion.
Consequently, all the way is peace,
all voice is the song of joy*

Curing Anger

We all live in the same world, but we meet the different pictures of life. Grumpy man see injustice everywhere. Then express protest to many other people. The protests then invite the anger of others. As a result, everything is on fire. Envious people find that other people are wealthier and having more power. Because of such findings, then they radiate hostility to all direction. This hostility then invite hostility of others. People who are full of compassion find there are many beings that need our help. The poor suffer in poverty, the rich suffer for fear of losing, sick people endure pain, potential suffering happen to the healthy for forgetting to exercise. As a result, compassionate people received hugs of friendship everywhere. Life is like water meet water. Everything appear to be fountains of coolness.

The difference between these two pictures of life (the one which is hot like fire, the other is like cool water) is simple, how successful one heals anger. In the mind

The result of meditation, energy of awareness can be much greater than the energy of anger, and finally anger can be like a thief entering an empty house

that has not recovered from anger, every movement leads to misery. On the contrary, when the mind is fully recovered from anger, then life is an opportunity to practice the touching compassion. Consequently, all the way is peace, all voice is the song of joy.

And meditation is a tool that can heal the anger. Whenever anger comes, learn to whisper like this: "Breathing in, I recognize there is anger here. Breathing out, I'm bigger than anger". Guiding breath like this is important, because a lot of person who are angry and then dangerous because it does not realize they are angry. In addition, anger is frightening because its energy is greater than the energy of awareness. And the result of meditation, energy of awareness can be much greater than the energy of anger, and finally anger can be like a thief entering an empty house. When there is no time for sitting meditation, one may choose walking meditation. Walk slowly, then realize with footsteps that everything is impermanent, appear and disappear. Anger happens because life is flowing while mind is frozen. Stepping

*Anger happens because life is flowing
while mind is frozen*

slowly, feel every step passes like water flowing in the river.

Visualization also helps healing the anger. Visualize anger as a crying baby. And awareness in none other than the mother with a single son. Some people love goddess Kwan lem. Whenever anger comes, imagine anger is the suffering beings, and awareness is the goddess Kwan lem gently embracing all suffering. Happiness is charming, but one does not get any lessons from it. Sadness is scary, but grief often guides people to the gates of connectedness. And connectedness is one of the important characteristics of people who are healed already.

Life as a Song

Once anger is healed, life has a totally different picture. Joy is a motivational song that makes waking up well-energized. Grief is the song of the universe that calling: "go home". Since everything sound as song, life becomes a dancing cosmic of connection.

*Grief often guides people to the gates
of connectedness. And connectedness
is one of the important characteristics
of people who are healed already*

Look at the message of St. Catharine of Siena: "Every step of the way to heaven is heaven". Every step to Nirvana is Nirvana. This coincides with the meditation approach that emphasizes being one with the journey. In a journey like this, every step is peace.

Borrowing the wisdom of the eastern elder, from the beginning, on the way, until the end of it all is joy. Let's contemplate deeply one of the beautiful lyric of children song:

Every step of the way to heaven is heaven". Every step to Nirvana is Nirvana. Every step is peace

"See my garden full of flowers. Some are white and some are red. All watered daily. Roses and jasmine are all beautiful". Life is similar to gardening. Not only outside, life is also colorful inside. Sometimes happy sometimes sad. However, do not ever get tired of watering it. Meditation, prayer, *puja* are sorts of watering the inner garden. As a result, everything is a cosmic song. Especially when life is seen in the eyes of compassion.



4

Home of Compassion

*Home is similar to travelling using open truck that
move to the top of the mountain. The longer
we go the cooler the weather is*

Home of Compassion

In many places, a lot of curious people who ask: where is home? Where exactly is our true home? Mainly because too many extreme things have happened that make life uncomfortable. Extreme weather, extreme human behavior, extreme violence.

*Most inner inquiries who already breathe
the cool air of spirituality knows, home
is similar to childhood. After school
hours we ran into home, to a place where
everything is greeted with smile and hug*

Souls are Homesick

Borrowing the perspective of Balinese elder, in time when extreme events happen many times with deeper intensity, the elders always turn to the shrine. In this light, violence and confusion are signs that many souls are homesick.

Sense of home is very diverse. But most inner inquiries who already breathe the cool air of spirituality knows, home is similar to childhood. After school hours we ran into home, to a place where everything is greeted with smile and hug. Home is similar to travelling using open truck that move to the top of the mountain. The longer we go the cooler the weather is. And it's not by chance that a cool area in Kintamani Bali *), there is a lake (feminine spirit) hug the mountain (masculine spirit). As a result of it, beauty appears everywhere. In this beautiful place, a holy place was built by the elders, and the name is Pura Jati (the True Home). Meaning, gently hug duality, then life can be beautiful and cool as well. That's why the

*Gently hug duality, then life can be
beautiful and cool as well*

weather in Kintamani is cool, the scenery is beautiful, and keep sending the messages of returning back home.

At the this level, duality (right-wrong, good-bad, pure-dirty) does not exist as materials to fights. Duality is a power that illuminate each other. It is the same as night that open the door for the coming day. Similar to failure that makes success has a richer flavor. The same thing happen to the crime, it gives a comparison of the beauty of virtue.

Cool Spiritual Fountain

Merged into one, Bali island is not merely a tourist destination, it is a cool spiritual fountain as well. When terrorist bomb exploded in Bali, the world stare in awe to the island of Bali, not because of a stone being thrown into other place of worship, but because of the width of view, the depth of the Balinese attitude that leads to one thing: "everything is embraced gently with a smile". Honestly, this is a deep peace. Where there

Duality is a power that illuminate each other. Similar to failure that makes success has a richer flavor

is no room for violence, every step is peace coupled with smile.

All of this reminding us of the true home. The true home is a place where we are all brothers and sisters in affection, one parent in mercy, the same roofs as all of us equally want to be happy do not want to suffer. Or apply the formula of elders in Java: *mangan ora mangan ngumpul*. Friendship, kinship, affection have higher value compared with low desire that just put a full stomach.

In Tibetan holy book was written so bright, we've been born countless times. Therefore, there are countless number of creatures in this universe ever be a mother, father, teacher, doctor or nurse ever help and heal us. One who deeply embodying this insight will be starving to help the others.

A teacher in India was asked, how many dead people whose journey going up and going down? Surprisingly, he answered: "the ones who move up are as much as

*Bali island is not merely a tourist destination,
it is a cool spiritual fountain as well*

sand in the hand, which moves down as much as sand along the Ganges river". Imagine, this was two thousand and six hundred years ago. In a time where it was not heard any destructive weapon that we currently have. Now, where the so-called news is hostility, what people read and watch is only fight, the daily conversation is hatred, without deep spiritual realization those who fall down into animals, demons and even hell after death even more.

Go Home

Opening the secrets like this, certainly not to scare people, but to ring the holy bell again and again: "go home, go home, go home". Anger, violence, hostility clearly indicating that spiritual children are playing too far from home. Accidents and misfortunes are warning from the Guru. With no other intention other than saving as many spiritual children as possible.

Not everyone like this approach of coming home. Some even accused this invitation as a setback. And

*Where there is no room for violence,
every step is peace coupled with smile*

of course this opinion is worthy of respect. However, in time when violence has been so heated even in a cool place, we need tenderness. Not only physical body miss home, spiritual body also has a longing for home. Spiritual body is beginning to step home when one is able to see that our nature is kindness. It is as natural as grass which is green and it is as natural as sea which is naturally blue.

Prayers of Compassion

In a home like this, once a touching message heard: "Be compassionate to the power of darkness. Simply understand that they are uninformed. In the right time, they will be full of compassion too". Darkness, evil, violence is not the fuel of anger, but sandpaper that softening our compassion. More than that, the darkness does not intend itself into darkness. At the right time - as waste evolves into flower - darkness also evolved into a compassionate light.

*Spiritual body is beginning to step home
when one is able to see that our nature
is kindness. It is as natural as grass
which is green and it is as natural
as sea which is naturally blue*

To put it into practice, one saint of Tibet (Master Langri Tangpa) in the 12th century, once wrote prayers of compassion. Here are the prayers:

First, by thinking of all sentient beings as even better than the wish-granting gem for accomplishing the highest aim, may I always consider them precious.

Second, wherever I go, with whomever I go, may I see myself as lower than all others, and from the depth of my heart may I consider them supremely precious.

Third, may I examine my mind in all actions and as soon as a negative state occurs, since it endangers myself and others, may I firmly face and avert it.

Fourth, when I see beings of a negative disposition or those oppressed by negativity and pain, may I, as if finding a treasure, consider them precious for they are rarely met.

*Be compassionate to the power of darkness.
Simply understand that they are uninformed.
In the right time, they will be full
of compassion too*

Fifth, whenever others, out of jealousy, revile and treat me in other unjust ways, may I accept this defeat myself and offer the victory to others.

Sixth, when someone whom I have helped or in whom I have placed great hope harms me with great injustice, may I see that one as a sacred friend.

Seventh, in short, may I offer both directly and indirectly all joy and benefit to all beings, my mothers, and may I myself secretly take on all of their hurt and suffering.

Eight, may they not be defiled by the concepts of the eight mundane concerns and, aware that all things are illusory, may they, ungrasping, be free from bondage.
**)

With these prayers in the mind and heart, then there is no place on earth which is not holy place. Then all place is home. Welcome home!

*) In this beautiful place of Kintamani Sutan Takdir Alisyahbana, a great poet once lived, wrote many beautiful works. Kintamani also attracts countless visitors for years.

***) HH The Dalai Lama in his work entitled The Compassionate Life (Wisdom Publications 2003) is a touching reference in this case



5

Resting in Compassion

To be spiritual is to be kind at the same time to be humble

Resting in Compassion

Not only in Bali, in many places around the world full moon is considered to be very important to spiritual growth. A lot of things want to be shared by mother nature through full moon. That's why some enlightened

*Shocking life is actually a sound (holy bell)
that indicating where the Guru and the holy
teachings are. As well as a holy invitation to
begin a long road of healing and peace*

teachers of the past attained high level of realization in the full moon night.

Full Moon According to Commoner

In the mind of ordinary people, life is understood in terms of black and white. When money, success, praise come, the ordinary will be happy. If debts, failure, insults coming, then they suffer. Even nature is understood in a similar framework. The dark night is identified as the threatening fear. The light is called peace. The consequence then, life is full of wave. Sometimes happy, other times sad.

Full moon in this context is also understood in the same spirit. The journey begins with the dark night without moon which is identified as suffering. That's why, some increasing people who are interested in deep spirituality, joining spirituality because their life is full of suffering.

In such framework, shocking life is actually a sound

*If the mystical experience filled with
a feeling of better than anyone else, in
religious experience there is a hunger
to always be humble, thirst to always serve*

(holy bell) that indicating where the Guru and the holy teachings are. As well as a holy invitation to begin a long road of healing and peace. This can happen in human life with sufficient spiritual blessing. Suffering does not make them run to drugs, fights and divorce, but rather the opening door of long journey toward enlightenment.

At the level of spiritual grace like this, find a speck of light to read the holy book, meet friends with similar spiritual interests, begin visiting holy Guru is partly good signs. But with a careful note, be careful with mystical experience. Mainly because mystical experience often tempting people to feel greater or better than others. This ascending ego can lead one into a very dangerous abyss.

For seekers with sufficient spiritual grace, it is more advisable to enter religious experience. If the mystical experience filled with a feeling of better than anyone else, in religious experience there is a hunger to always be humble, thirst to always serve. Borrowing

*Kind-hearted at the same time humble, that's
religious measures that could make a human
being slowly leave the dark tunnel of suffering,
and then begin to see the light. This is the holy
way of returning back home*

Kabir's religious experience: "I glimpsed into that light just a few seconds, but it transformed me into a servant of life".

The light only appears for few seconds, but it changed Kabir's life in to a servant of others. For this reason, a number of young people who ask about spiritual life, it is always advised: "to be spiritual is to be kind at the same time to be humble". Kind-hearted at the same time humble, that's religious measures that could make a human being slowly leave the dark tunnel of suffering, and then begin to see the light. This is the holy way of returning back home.

Full Moon According to the Enlightened

Without any intention of saying that the dualistic mind is always wrong, because all of us are growing, the enlightened beings do not start the journey from the dark night. Mainly because life is seen as a *mandala* (the physical form resembling the full moon, the sun or the earth in the form of perfect circle), where the

*Since mandala is a symbol of perfection,
then the enlightened learn to "rest" in
whatever that happens at the moment*

starting point and end point can not be known. Since *mandala* is a symbol of perfection, then the enlightened learn to "rest" in whatever that happens at the moment.

For those who worship God, everything is God. Pupils of the Buddha see that nothing which is not Buddha, then take good care of all elements of life (including deficiencies and misfortunes) with affection. Here's exactly how to "take a deep rest". Resting in compassion.

In the poetic message of Rumi, life is similar to staying in the hotel, guests change every day. But whoever the guest, never tired to smile! That is why most of the enlightened beings continue to be born to carry out the holy calling of service. If all enlightened beings rested him/herself in the enlightened realm, then who will dispel the darkness of suffering here in the suffering realm? As materials of contemplation, the wealth of enlightened beings are not money or seat of power, but the touching service to others. In the spiritual

*The wealth of enlightened beings are
not money or seat of power, but
the touching service to others*

heritage of a teacher: "compassion should be without ambition". Loving service is performed without the shadow of desire. Including not being followed by the desire to be called as holy.

This could explain why the light of the enlightened beings remain here for a very long time. Jalalludin Rumi died hundreds ago, but his poems still touch many lives until now. Mahatma Gandhi had long passed away, but his teachings will still remain here for hundreds of years. Mother Teresa also passed away already, but her autobiography titled "Come Be My Light" will still illuminate a lot of life.

Not all enlightened beings wearing holy cloth, Mahatma Gandhi even wore simple cloth, but there is a similarity among all touching heart, they keep seeing everything and everyone with the eyes of a mother to the only son, treating all creatures as butterflies approaching the essence of flowers: soft, gentle, full of love.

*There is a similarity among all touching
heart, they keep seeing everything
and everyone with the eyes of
a mother to the only son*

The frame of mind is very simple: understanding, loving-kindness, compassion. Understanding is the first step. Especially the deep understanding that there is something in common between us that we equally want to be happy. With this common view in the heart, then love blossoms hand in hand with kindness. Finally there is only one thing left, wholehearted service to all.

When the unenlightened beings treat service as a duty, accompanied by the fear of hell, in the hands of the enlightened beings service is as simple as water which is naturally wet. Water does not need to strive to be wet. The same thing happens to the enlightened beings. The nature of the enlightened beings are full of service. It is similar to full moon that does not need to fight in order to glow.

Illuminated by this inspiration, the darkness of duality as heaven-hell, holy-mundane vanished into the light of enlightenment. Quiet different to the ordinary, the enlightened beings have body, mind and heart alike.

When the unenlightened beings treat service as a duty, accompanied by the fear of hell, in the hands of the enlightened beings service is as simple as water which is naturally wet

The body is called discipline. Because of discipline then the enlightened beings can be perfectly absence of harming. Mind of the awakened is as wide as space. That's why the awakened mind is totally absence of judgment. The enlightened heart contains only the intention to serve. This is what this humble article called as resting in compassion.



6

Dew Drops of Enlightenment

The absolute (represented by the sun) is reflected by the relative (full moon). Only the perfectly clear, clean and calm mind which can reflect the perfection of the whole. This reflection of completeness, wholeness and perfection which is called Buddha or Avatar

Dew Drops of Enlightenment

For the ordinary, morning time when the weather is cold, the sky is decorated by stars, leaves are full of dew drops, this is very common sight. But for every inner seekers who is full of service, equipped with the

*This kind of realization can only be realized
by anyone who understands diligently
by putting the teachings into action*

perfection of love, being the close friend of compassion, morning time is a moment of beauty. For those who already "see", deep devotion come from the deepest heart.

Understanding by Doing

Unfortunately, this kind of realization can not be attained through the hubbub of words, showing off cleverness, or war of logic. Borrowing Confucius from China , Socrates of Greece this can only be realized by anyone who understands diligently by putting the teachings into action. Live the daily life according to the sacred teachings, then door of insights may be opened. In the language of Lord Buddha: "*ehipasiko*". Come, listen, practice meditation, and then see how the darkness of ignorance, anger, hatred that already here inside from one life to another life, suddenly dispelled by the light of consciousness. The secretary of Mahatma Gandhi for a long time Mahadev Desai once said: "Mahatma Gandhi is a living Bhagavad Gita". In other words, the reason why Mahatma

*The reason why Mahatma Gandhi
was such charismatic because
he embodied the holy book*

Gandhi was such charismatic because he embodied the holy book of Bhagavad Gita.

Under this light of understanding, it is understandable that many yogis, sufis, mystics spent a long time in solitude, train the body in simplicity,

The beauty of meditation is only opened to those who already deeply practice it

rest the mind in silence. It is similar to feel the softness of water by touching it, enjoying the cool morning dew drops by getting up in the morning, the same thing happens to meditation. The beauty of meditation is only opened to those who already deeply practice it.

Put it simply, in the development stage to meditate is to familiarize the mind. From the negative mind that is chaotic (the symbol is jumping monkey), into positive mind which is full of love (represented by mother who take good care of her only son), and finally lead into the natural mind (like mother nature), sometimes it is called the cosmic mind. Transformation from monkey

*As soon as one achieves this perfection
of meditation then the balance comes
naturally without effort*

toward mother, lead to the perfection of nature, so its success is determined by how perfect one's consciousness is in everyday life. As experienced by most people, the untrained mind is the source of conflict and disease. Pharmaceutical intervention through medication - as shown by many studies - only help relieve the symptoms, never fully heal. Primarily because the drug is never perfectly restore the balance of body, mind, spirit. Through meditative transformation - at least from monkeys to Mom - someone is approaching the point of balance between body, mind, spirit as a condition of healing. That's why in the perfection stage or in the stage of cosmic mind, to meditate is to take a rest. Especially because one has attained the natural balance already.

Avatar or Buddha*)

As soon as one achieves this perfection of meditation - in Tibetan Tantric this meditative attainment is called *mahamudra* (*mahasandhi* in sanskrit language) - then the balance comes naturally without effort. Like a child

*Live against change that is suffering. Flow
with the change that is peace. Witnessing
the change - this is done in meditation -
that's freedom*

just learning to ride a bike, initially it is full of struggle. But diligence exercise (by which read: serious practice of meditation) make a point of balance is attained without effort. Everything goes natural. Similar to mother nature, day and night constantly flowing, white-black clouds come and go, things are changing. It is exactly the same as thought, feeling, perception that also changing. Sometimes happy sometimes sad, there are times when the mood up and down.

Live against change that is suffering. Flow with the change that is peace. Witnessing the change - this is done in meditation - that's freedom. That's why the sky is often used as a symbol of the perfection of consciousness as sky keep watching without being touched by clouds. The same thing happened to Buddha statues that keep smiling, because no matter what forms of thought, feeling, perception appear, all is greeted with smile. In the language of God worshiper, everything (good-bad, pure-dirty, praised-blamed) is the perfect movement of the same God. Borrowing the journey of perfection in the path of Samurai -

*And through meditative activity
that witnessing, this container can be
expanded until one day enlightenment
make it as wide as space*

Miyamoto Musashi is one of the example - a lot of enemies outside and inside that must be conquered to reach perfection. At one time when Musashi doubt to continue his journey as a samurai for killing enemies, from the inside there is a whisper: "enemy is teacher which is uncovered".

Anger as an example of inner enemy is a kind of energy. Energy can not be destroyed but it can be transformed. And activities of witnessing through meditation can transform the energy of anger into materials of growth. To put it more precise, fire of anger can cause explosion if the container is too small. And through meditative activity that witnessing, this container can be expanded until one day enlightenment make it as wide as space. As a result of it, the fire of anger is no longer dangerous, and also can be used to "cook" every daily experience into vitamins of growth. For example, anger is an input that there is something need to be improved. Anger can also be used as tool of leadership. As soon as one arrives here, then life can take a rest. Especially

*Conforming outside, perfectly free inside.
Outside appearance should remain common but
deeply inside be perfectly free*

because both enemies inside and outside are guides in the path of perfection.

This does not mean that one stop doing anything. A Sufi friend has a simple guideline: "conforming outside, perfectly free inside". Outside appearance should remain common (clothes, way of working, way to speak), but deeply inside be perfectly free. External roles remain the same, but inside everything is transformed into the path. When one diligently do this for many years, he/she may have direct experience of *manasa tirtha* (holy water that is sprinkled in the depth of the deep). It is not only cooling outside, but also calming inside. It is not only heal oneself, but also send healing vibrations to mother nature. Some soul travelers also called it coming home. To be honest, too many people have been playing too far from home. Sorrow, disease, conflict are signs that ones playing too far from home. Seek and get lost is the other traits of those who have not arrived home. Many young boy had wet dream, teens looking for girlfriend/boyfriend, the adult get married, old people regret life. That is the

When one diligently do this for many years, he/she may have direct experience of manasa tirtha (holy water that is sprinkled in the depth of the deep). It is not only cooling outside, but also calming inside. It is not only heal oneself, but also send healing vibrations to mother nature

hallmark of life in pursuit then lost. There is always something incomplete that makes people keep searching. Till one day deep practice of meditation make one stop pursuing and hugging each moment as the present. This present of the present then open the door of insight, that everything is complete and whole as they are. Flowers are in the process of becoming garbage, garbage is in the process of becoming flowers. No flowers that create attachment, no garbage that become the source of rejection. This is home.

Many people who are very eager to know the secret realm. It is only opened once upon a time. When full moon is ready to set in the west, the sun is ready to rise in the east, there was a message heard: "The absolute (represented by the sun) is reflected by the relative (full moon). Only the perfectly clear, clean and calm

*This present of the present then
open the door of insight, that
everything is complete and whole
as they are*

*No flowers that create attachment, no
garbage that become the source of
rejection. This is home*

mind which can reflect the perfection of the whole. This reflection of completeness, wholeness and perfection which is called Buddha or Avatar". *) When this actually happens, there is dew drops in secret realm. In human realm, it is called dew drops of enlightenment. The only reason why this dew drops is compassion. As is well known in the community of saints, because of compassion holy beings of the sky come here to fish, and sentient beings try to catch the hook with devotion. The meeting point between perfect compassion and perfect devotion, then open the possibility of liberation.

*) In Buddhism, One is called Buddha after attaining the perfect enlightenment. It simply means the One who is awake. Being wake up from long sleep of ignorance (*avidya*). Sometimes it is called the Sugatha, One who has crossed the ocean of suffering then rest in the other side of island called island of joy. Outward signs often told through the 32 major marks

*The meeting point between perfect
compassion and perfect devotion, then
open the possibility of liberation*

and 80 minor marks on the body. In Tantra, the signs may be present in a dream (one of which is visible through the story of Jetsun Milarepa) or other marks that are too complicated to be explained here. Also there are of course secret signs which are secret. Since the Hindu holy book called Buddha Shakyamuni as an Avatar (reincarnation of God into human for the sake of sacred task), then a Buddha is an Avatar as well. In the holy book of devotee of Vishnu (Weshnawa) mentioned that Vishnu (Hindu manifestation of God in the earth which were born to wear the human body) has two activities in this universe: active and tranquil. In its active form, Vishnu is just born to 10 Avatar. But in the tranquil form, Vishnu could appear in infinite numbers of manifestation.



7

Perfect Light

One who is light inside could see light everywhere

Perfect Light

Human history is history of hope and disappointment. From the beginning people expected life to be peaceful and meaningful. But what happened, Lord Buddha Shakyamuni tried to be poisoned, Jesus

In the stage of clarity the nature of each creation is always in pairs. Similar to pairs of day and night. Whether it is analyzed or not, just as it is

Christ was crucified, Mahatma Gandhi and Martin Luther King Jr were shot. In our time, Pakistan is angry at India, India does not get along with China, Iran hates Israel, Israel treats Palestinians improperly. Everything move from darkness of disappointment to darkness of disappointment.

Clean Clear Quietness

The list of Masters can be extended, science and technology can progress into sophisticated stage, but history does not change. For that reason, a friend who is the chief editor of a spiritual magazine in Bali - after deeply disturbed reporting much conflict - asked impatiently: is there any solution? To be honest, in the stage of clarity the nature of each creation is always in pairs. Similar to pairs of day and night, hard rock paired with soft water in the river. Whether it is analyzed or not, just as it is. Even when in the times when there were prophets - for example the story of Rama and Ravana - fixed pair of creation were born. Rama representing the good, Ravana representing the

*In the depth of the deep, these pairs
are interdependent. People need bad
guy to know good person. Destroy one
pair elements, the same as
destroying the two*

bad. In the language of Balinese elder: "*nak mula keto*" (thing just is).

Each Self inquiry who cultivate deeply then meet the well of silence understand, that the nature of creation is in pairs outside (read: good is the enemy of bad, right is the opposite of wrong, etc). This causes a lot of stress because the mind of lay people is full of conflict. People with narrow mind even dare to kill because they think they are right and the others are wrong. But in the depth of the deep, these pairs are interdependent. People need bad guy to know good person, because there are bad people then the good ones are well respected. Destroy one pair elements - for example eliminate crime entirely - the same as destroying the two. If there is no evil, goodness disappeared because without comparison.

That's why highly realized spiritual Masters have judgment-free eyes, their attitude is like the full moon that illuminates all without discrimination. Especially because both pairs need each other, the two are

Highly realized spiritual Masters have judgment-free eyes, their attitude is like the full moon that illuminates all without discrimination. Especially because both pairs need each other, the two are mutually illuminating

mutually illuminating. In addition, the difference between good and bad just as thin as a hair. In a round of long time often seen, a disaster in one day could be a blessing in another time, a friend in a life turned into an opponent in another life. That is why, a lot of friends who have captured the essence of meditation then thanked to the medicine of S3 (*senyum senyum saja*). No matter what happen, keeps smiling. Borrowing from Rumi, all is sent as guides from the beyond. This is the fruit of meditation, the inner clear and clean quietness.

Guru as the Light

Some friends who spent much time in clear and clean quietness asked: why nature often gives sign of light? Put it simply, one who is light inside (similar to the positive-negative synthesis that produces light) could see light everywhere, one who is darkness inside will see darkness everywhere. That is why, in all religion there are abundant symbol of light. In Islam it is called *Nur*, the Hindus termed it as *Teja*, in Buddhism

*No matter what happen, Keeps smiling.
Borrowing from Rumi, all is sent as
guides from the beyond. This is the
fruit of meditation, the inner clear
and clean quietness*

there is *Jiyoti*, in the Church often heard the message "I am the Light". Various approaches available to meet the Light.

Eiji Yoshikawa (Japanese famous writer whose masterpiece is Musashi) wrote with clarity about the journey to find perfection in the way of samurai. The consecutive stairs start from soil, water, fire, wind, sky, full moon and the sun, and the peak of journey is Perfect Light. A series of secret staircases that thrilling. The number of ladder is seven, which is well known in the community of saints as holy number.

To be honest, every inner inquiry of Perfect Light is unique. In the story of Musashi, he began with a man with an amazing muscular strength. Repeatedly on the journey, he was reminded by living Guru, Guru of holy scripture, symbolical Guru, the inner secret Guru: "It is a big mistake to assume that muscular strength only can bring one into perfection". For this reason, Musashi diligently trained himself to be softer and more gentle as well.

*It is a big mistake to assume that
muscular strength only can bring
one into perfection*

It is not easy to change muscular strength into softness of the heart. Musashi was tied up in the trees for days by his master. Been inserted into the library for three years. Many times he was face to face with death through the battle that brought risk of death. Musashi was once frustrated then pursue a Master zen. At the peak of frustration, he bowed respectfully to the foot of his Master, and the Master just draw a perfect circle as symbol of perfection (*mandala*) on the ground. That was not the end of the trip, especially since the *mandala* was not yet embodied. In order to embody the *mandala*, Musashi spent much time in the open space like the mountaintop alone, soaking in a very cold river, cultivate barren land into well-fertiled land. And the most important was educating himself as hard as possible, serving others as humble as possible.

The peak of softness happened when he was ready to do high level of fight against Sasaki Kojiro. Unlike the samurai in general who prepare sword for fight, Musashi spent much time in the silence of nature, in a

*As a perfect circle representing the mandala,
birth is not the beginning death is not
the ending. The victory does not defeat
losers. Both winning and losing keep rotating
all the time. Everything flows painting
the same perfection*

boat on the way to fight he carved wood to blend perfectly with the *mandala* (perfection). As a perfect circle representing the *mandala*, birth is not the beginning death is not the ending. The victory does not defeat losers. Both winning and losing keep rotating all the time. Everything flows painting the same perfection. And when the fight happened, Musashi was in trance, he could not separate the sky and the earth, which is friend which is opponent, which is the self which is not self. In the spiritual language, the long experience of Musashi is framed by purification, perfection, union. Beginning with purifying oneself from all forms of obstructions. Or being free from negative qualities, being free from any external knowledge. Continued to enhance the positive qualities such as loving-kindness and compassion. Then it may be born of oneness experience. In this oneness, all couples - including self-enemy, win-lose, sky-earth - embraced each other and illuminate each other. As a result, in few movements Sasaki Kojiro fell. Few seconds after that, Musashi began to realize that he was Musashi.

*In the spiritual language, the long experience
of Musashi is framed by purification,
perfection, union*

In a much more simple language, purification is the first step. It represented by the figure zero. Zero is not only free of negative energy, but also can combine the positive-negative (one form of perfection). As a result, the figure zero is not only the representative of passive apathetic life but also emit light. As the full moon and the sun that naturally emit light, one who arrived here is naturally emit light of loving-kindness and compassion. And when one perfectly embodying compassion then life becomes an experience of oneness (by which read: figure one). The natural consequence of this, as the numbers in mathematics, life flows dynamically between zero and one.

Guru Devotion (Guru Yoga)

And one of the important bridge to be in one with Perfect Light is Guru Yoga. A kind of deep spiritual practice that unifying student's mind and heart with the mind and heart of Guru *) (living Guru, Guru of holy scripture, symbolical Guru and innermost secret Guru). In relation with practice of Guru Yoga, the most

Purification is the first step. It represented by the figure zero. And when one perfectly embodying compassion then life becomes an experience of oneness (by which read: figure one). The natural consequence of this, life flows dynamically between zero and one

magical and thrilling time of doing Guru Yoga is when the full moon sets in the west, the sun rises in the east, that's the perfect time when Perfect Light is visualized as a living Guru who meditate above both sun and full moon. When the Perfect Light appear in the form of god for example, it would be difficult to understand the teachings since the language and the realm are different. When Perfect Light manifest in the human body then the holy teachings can be easily understood. Therefore, in Tibetan Tantra a living Guru with human body is valued as Perfect Light. This is also the reason why Musashi respected a living Master like Takuan Soho very much. It is impossible to go out from dark tunnel without the help of light. In the same way, it is impossible to embody Perfect Light without the help of Guru. Sometimes someone asks, what is the characteristics of a living Guru who has perfectly embodying Perfect Light? One of them, he/she has transformed five kilesa (ignorance, anger, pride, lust and envy) who are hated by all lay person, into Five Dhyani Buddhas (Vairocana, Aksobya, Ratnasambhawa, Amitabha, Amogasiddhi). **) When

The most magical and thrilling time of doing Guru Yoga is when the full moon sets in the west, the sun rises in the east, that's the perfect time when Perfect Light is visualized as a living Guru who meditate above both sun and full moon

the anger and arrogance for example actually represent perfection, then it is easy to see perfection in many positive qualities.

In this light of understanding, then history is no longer hystory of hope and disappointment. Life then is decorated by S3 (*senyum senyum saja*). Keep smiling all the time. Smile is not only a form of mouth yoga, but also representing that one already become a master of life. Only by being a master of life, then one can have perfect compassion.

*) The reason why a living Guru is valued as the Perfect Light, because it helps the disciples much in embodying the holy teachings. Something to do with the student, not the Guru. Here are some reasons why such respect and believe in Guru is important. First, as explicitly written in the holy books of Tantra that "Guru is the root of the path". Without roots certainly there is no growth. The famous story about the old lady in

It is impossible to go out from dark tunnel without the help of light. In the same way, it is impossible to embody Perfect Light without the help of Guru

Tibet who devoted to a dog teeth then it turns into relics (sacred objects) is a good example, and the old story of Kinakilaya in India who devoted to a statue of Guru Drona then could be a perfect archer, is another example of how important faith to the Guru is. Marpa even told his pupil Milarepa, when your teacher is no longer seen as human, but rather seen as a Buddha indicating that enlightenment is very close.

Second, the behavior of any holy book is full of contradictions. In one section, the command of holy book: "bring umbrella", on the other part there is an order that saying "do not bring an umbrella". Only in the hands of Master this contradiction can be resolved. A number of students asked to bring an umbrella because they will pass rainy weather, the other students ordered not to bring an umbrella because the weather will be bright. Third, the Guru is respected because he/she is a living scripture. He/she is sacred because deeply inside there is the living spirit of holy book. Fourth, Guru is sacred in Tantra because in the four cardinal directions are guarded by sacred guards.

Not in all circumstances guards can be controlled. Fifth, the teacher-student relationship in Tantra is a very long relationship. If one does not pass in this life it will continue to the next life. So that violations against Teachers could bring consequences not meeting the Guru in the following life.

***) This is one of the secrets teaching of Tantra, as well as a secret message of perfection that is stored on Java Indonesia on top of Borobudur temple.



Back Gate
Rediscovering The Lost Home

Rediscovering The Lost Home

One who does not know death does not know life, this is a message that is often heard in the spiritual realm. After reading book of Sushila Blackman titled Graceful Exits: How Great Beings Die, this message is really

true. By understanding death, people not only understanding life, but also can rediscover the lost home. After the long contemplation on compassion, this closing chapter is intended to guide readers back home, to the home of compassion. Blackman's book that contains the story of the death of 108 saints, can simply be condensed into three paths: the path of devotion, the path of knowledge, the pathless path.

The Path of Devotion

The unique thing of inner inquiries on the path of devotion, everything is done as a series of offerings. Thoughts, words, actions and complete with its blessings, are all dedicated to the Guru. As a result, on the one side the ego disappears, on the other side a sense of deep devotion to Guru is written clearly in the heart. Consequently, when the soul is called back home through death, the first thing that appear in the mind and heart is the name of Guru complete with deep devotion.

For that reason, it is easy to understand that Mother Teresa often calls herself like this: "I am a pen in the hand of God". There is no self and I there, there is only sincerity to serve the Guru as perfect as possible.

Mahatma Gandhi was also on the path of devotion. His peacefulness, balance, serenity were all illuminated by the belief that Guru is present in every step. When the bullets penetrated his body to death, no spirit of anger there, the last voice that emerged from Gandhiji was like this: "Shri Ram, Shri Ram, Shri Ram". Series of sounds that call upon the name of God.

The Path of Knowledge

There is nothing more precious on the path of knowledge than silence. It is like digging well. Initially there is only rock, soil, mud. If one digs with diligent, love and sincerity, then clear and clean water of knowledge will appear.

This explains why one of the poems of Rumi is like

this: "Life journey is like peeling onion. Outside the color is brown and dirty. When it is peeled the colour is white. The more it is peeled the whiter the colour will be. When nothing is left there is only tears drop".

Such knowledge is sometimes called Vidya. Sort of the king of all knowledge that makes people do not get lost in the dark forest of life. With this knowledge, every step - include death - is peaceful and beautiful step. Sometimes it is also called Vipashana. An insight which is similar to full moon. A perfect circle that represents silence. Out of silence appears light of compassion. Moment of death on this path, is like the birth of baby eagle. As soon as the eggshell is broken, eagle will fly. The left wing is silence, the right wing is compassion.

The Pathless Path

This way is the most difficult way to explain. It can only be understood by one who live it. It is as difficult as explaining the taste of banana to those who never eat

banana. As soft as butter but not butter. As sweet as sugar but not sugar. When butter mixed with sugar, it is not banana.

So the experience of this group is very rarely recorded. It is similar to bird flies in the sky, it is completely traceless. In the language of Tao: "One who understands does not talk. One who talks does not understand".

A Guru whose name want to be kept in secret write this poem: "I forgot myself. Suddenly, I rediscover it in prayer. In the depth of prayer, I both exist and do not exist". That's why, in one part of Sushila Blackman's book she concludes: "To die is to rest". To the saints, to die is to take a sacred rest. Inner inquiries on the path of devotion rest in service. Inner inquiries on the path of knowledge rest in silence. On the pathless path, even the word silence can not explain it.

Now it is back to everyone. Borrowing the message of a Guru, the king of knowledge is the knowledge of who

you are. Using this latest knowledge, then one chose the suitable path. No matter what path to follow, to the one who is home already, compassion is something natural. As natural as water which is wet, like sugar which is naturally sweet.

Gede Prama in Brief

Gede Prama is a long time student on the path of meditation. He began his spiritual journey by being guided by symbolical Guru in childhood in one of old village North Bali Indonesia. This is then enriched by personal meeting with some of world wide Guru like HH Dalai Lama and Thich Nhat Hanh.



Honesty, sincerity, consistency do not only make Gede Prama received scholarship to continue his post graduate studies in England and France, but also make him became CEO (chief executive officer) in one of large company in Indonesia at the age of 38.

After leaving behind all luxuries of corporate world at the age of 39, he serves many people on the path of meditation.

www.gedepramascompassion.com

face book: Home of Compassion by Gede Prama

twitter: @gede_prama