

Multiverse Mind Newsletter

Keynote

"According to my experience, the principal characteristic of genuine happiness is peace: inner peace"- Dalai Lama

Stories of Wisdom



Parable of the coiling snake

The three stages in meditation

A hermit who understood the language of animals noticed, as he was doing his prayers, that a small green snake began to coil about him.

This went on for several days. Finally the hermit asked the snake, “What is the reason for your odd behavior?”

The snake replied, “It’s your concentration that is odd, Rishi, if you were aware of my motions during your prayers!”

“Cunning worm,” the hermit responded, “do not judge others by your own measure. First the earthly concentration arises, then the subtle, and then the fiery, which embraces both the heavenly and the earthly.”

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Meditation



Thought and Meditation [part-2]

The emptying of the mind is not an activity of thought or an intellectual process.

Meditation is the emptying of consciousness of its content, the known, the "me", according to Jiddu Krishnamurti, one of the greatest thinkers of all time [for a brief biography is [here](#)]. His ideas on this subject [as well as on many others after all] are completely subversive but also refreshing. This is the second selection of excerpts from the books he wrote himself [without interventions, only shortcuts in some places].

Thought cannot conceive or formulate to itself the nature of space. Whatever it formulates has within it the limitation of its own boundaries. This is not the space which meditation comes upon. Thought has always a horizon. The meditative mind has no horizon. The mind cannot go from the limited to the immense, nor can it transform the limited into the limitless. The one has to cease for the other to be. Meditation is opening the door into spaciousness which cannot be imagined or speculated upon. Thought is the center round which there is the space of idea, and this space can be expanded by further ideas. But such expansion through stimulation in any form is not the spaciousness in which there is no center. Meditation is the understanding of this center and so going beyond it. *Silence and spaciousness go together. The immensity of silence is the immensity of the mind in which a center does not exist.* The perception of this space and silence is not of thought. Thought can perceive only its own projection, and the recognition of it is its own frontier.

[Continue](#)

Sages



Ethics for the New Millennium [excerpts]

I shall try to show in this book what I mean by the term "positive ethical conduct", Dalai Lama

"What I propose is a spiritual revolution"

We have, in my view, created a society in which people find it harder and harder to show one another basic affection. In place of the sense of community and belonging, which we find such a reassuring feature of less wealthy (and generally rural) societies, we find a high degree of loneliness and alienation. [...] Modern industrial society often strikes me as being like a huge self-propelled machine. Instead of human beings in charge, each individual is a tiny, insignificant component with no choice but to move when the machine moves.

I have come to the conclusion that whether or not a person is a religious believer does not matter much. Far more important is that they be a good human being.

We may also conclude that we humans can live quite well without recourse to religious faith.

Since the majority does not practice religion, I am concerned to try to find a way to serve all humanity without appealing to religious faith.

I believe there is an important distinction to be made between **religion** and **spirituality**. *Religion* I take to be concerned with faith in the claims of salvation [...], an aspect of which is the acceptance of some form of metaphysical reality, including perhaps an idea of heaven or nirvana. *Spirituality* I take to be concerned with those qualities of the human spirit – such as love and compassion, patience, tolerance, forgiveness, contentment, a sense of responsibility, a sense of harmony – which bring happiness to both self and others.

My call for spiritual revolution is thus not a call for a religious revolution [...], it is a call for a radical reorientation away from our habitual preoccupation with the self.

[Continue](#)

Earth



The State of the Planet

To put it simply, the state of the planet is broken

The General Secretary of UN **Antonio Guterres**, in a talk at Columbia University presented the state of our planet and the actions we need to take now.

We meet in this unusual way as we enter the last month of this most unusual year. We are facing a devastating pandemic, new heights of global heating, new lows of ecological degradation and new setbacks in our work towards global goals for more equitable, inclusive and sustainable development. *To put it simply, the state of the planet is broken.*

Humanity is waging war on nature. This is suicidal. Nature always strikes back -- and it is already doing so with growing force and fury.

...

...

A new world is taking shape. More and more people are recognizing the limits of conventional yardsticks such as Gross Domestic Product, in which environmentally damaging activities count as economic positives. Mindsets are shifting. More and more people are understanding the need for their own daily choices to reduce their carbon footprint and respect planetary boundaries. And we see inspiring waves of social mobilization by young people. From protests in the streets to advocacy on-line... From classroom education to community engagement... From voting booths to places of work... Young people are pushing their elders to do what is right.

This is a moment of truth for people and planet alike. COVID and climate have brought us to a threshold. We cannot go back to the old normal of inequality, injustice and heedless dominion over the Earth. Instead, we must step towards a safer, more sustainable and equitable path. We have a blueprint: the 2030 Agenda, the Sustainable Development Goals and the Paris Agreement on climate change.

The door is open; the solutions are there. Now is the time to transform humankind's relationship with the natural world – and with each other. And we must do so together. Solidarity is humanity. Solidarity is survival. That is the lesson of 2020. With the world in disunity and disarray trying to contain the pandemic, let's learn the lesson and change course for the pivotal period ahead.

[Continue](#)