

FULLY BEING

IMMERSION LEVEL I > EXPRESSION

TEXT VERSION FOR MOBILE VIEWING



PREFACE

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The text is to be used in conjunction with the online videos or downloaded audio available for each lesson.



WELCOME TO EXPRESSION I

THE INTEGRATION OF FULLY BEING



LIVING QUALITIES

This last section consists mainly of Tsoknyi Rinpoche's advice and ennobling stories of his teachers on how to practice and live wisely. Having healed ourselves to some degree, we can go more confidently into the complexities of the world with a deeper and kinder perspective.

Helping others in intelligent and heartfelt ways, in turn, deepens and strengthens our own insight and compassion. It's a win/win situation. As we become less and less burdened with our bad habits, wounds, and neuroses, the natural or uncontrived experience of the world and ourselves becomes more vibrant, joyful and awakening. It's a time for celebration.

METHOD

When you hear stories and teachings of gutsy and creative human beings who work to benefit others and accomplish so much, you can explore the kind of feelings these stories and teachings bring up in you. They show us how, even in the midst of great suffering and change, that individuals can remain wise, playful and compassionate.

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FLOWING INTO THE WORLD

QUESTION

- How do we shift from self-cherishing to essence love?



KEY POINTS

- Handshake is the main door to essence love, which leads to loving-kindness, loving relationships, and simple knowledge of how to be. We shift from self-cherishing to essence love because we are no longer hollow and using our energy to fix ourselves.
- Our strength, energy, and compassion can come together with the right motivation to benefit others, not just ourselves.
- Our energy was focused on fixing ourselves, but now that energy is flowing back to the world. From our sanity and well-being, we now want to care for the world. We are no longer afraid of ourselves because we now know how to transform.
- We are more human as we meet the world with essence love and clarity.

- Through handshaking our beautiful monsters, they are no longer scary. They are only fearful when we are not connecting with them. We each have a few great beautiful monsters, and they can find their essence love, clarity, and calmness.
- We now know how distorted relative truth shaped our perception of reality. We understand how to work with speediness and bring restless energy to its natural home. We meet the world with the warmth of essence love, sanity, and clarity. These qualities are simple. And so we say, "Simple inside, complex outside." Our perceptions change: we experience more light and color. Our experience becomes juicier and less greasy.
- Our relationships also become juicier and less greasy. Good relationships are based on this sanity, which understands how to care for beautiful monsters without suppressing them. It will affect parenting love, romantic love, and loving-kindness. All these forms of love should stand on the foundation of essence love joined with clarity.
- When these come together, we have found our essential well-being and can "shine" out to the world. This natural shining is called a healthy human being.
- Even if we can claim to be great yogis, we still need handshake practice from time to time. Without handshake, without connecting to our beautiful monsters and the emergence of essence love, our practice can get dry.

EXERCISES

- Review (with a kind attitude) important relationship decisions and choices in your life and discern when you opened "main doors" and also "side doors." When were your preferences more "all about me," and when did you act from a core feeling of essence love?
- Practice meeting the world and its monsters with sanity, kindness, and care. Enjoy being simple while working with their complexity, gaining confidence that their fundamental nature is clarity and essence love.
- When we practice handshake, sense how our monsters are not just ours -- our monsters, as they change and evolve, relate to what everyone else is going through. Our practice with monsters connects us with others and their suffering.

DAILY CONTEMPLATIONS

- Use the main door
- Find the juice
- The world is not required to make me happy
- Monsters like to handshake too
- Shine out to the world
- Beautiful relationships are more juicy, less greasy

NO FEAR OF ONESELF

QUESTION

- How can we be unafraid of our own experiences?



KEY POINTS

- The experience of fully being is one of not being afraid of our own experiences but has a gutsiness, an okayness in just being. With this fearless sanity as a ground, we can be more open and free within our experiences, whether they come from inside or from the outside.
- Because we know our monsters through handshake practice and that these monsters or patterns are limited in number, we can develop grounded confidence in our lives. It's not like there is an infinite number of monsters. We eventually can see our particular patterns as clearly as naming the types of fruit on our dinner plate. This quality of profoundly knowing and freeing these patterns nurtures essence love. With essence love developed, we can begin to act for the benefit of others authentically.

- It is important not to keep filling up and reinforcing the hollow and needy parts of ourselves. They will transform with practice.
- The energy that was focused on inner self-healing now healthily shifts to the world. We can now share our light and love. This shift is the beginning of healthy human being activity.
- Young children must experience this light and love for the world to change positively.
- Our experiences of depression, anxiety, and addiction will change with this practice.
- If we can't feel essence love, we often look outside ourselves to fill up the hollowness within us. This looking is always facing in the wrong direction. Doing this, we can get stuck in endless thinking and not feeling our feelings.
- Underneath all this thinking, we sense some fear, and we don't know what to do. This feeling is what needs to open up with our practice.
- Feelings will often have no access to shape our lives, decisions, and thoughts. When we drop the thinking-judging mind that is mixed with hope and fear, it allows us to notice and be aware. Through this practice, we can re-connect with our essence love, our birthright.

EXERCISES

- Make time to feel the movement of energies between inward self-healing and when it shifts to essence love. Become familiar with feeling how they change in your experience, with different people and situations. When we naturally turn outwards to others

with light and love, how does it feel?
When we are defensive or self-cherishing, what happens energetically?

- One hallmark of fully being is fearlessness rooted in self-knowledge. Explore how fully knowing and feeling our experience involves an intelligent kind of guts. Rest in this open quality that is fearless and knowing, no matter what the experience may be.
- Out of your essence love and loving-kindness find ways to help others. Practice being with others fully while remaining in touch with your spark of essence love and fearlessness. Have middle way contacts with others: on the inside is essence love, and the expression is loving-kindness felt by others.
- Throughout the day, tune into the thinking-judging mind and see how hope and fear may be present or unconsciously driving our thinking patterns. Practice dropping this, once seen, and rest in awareness. Make gaps in the thinking-judging process throughout the day, releasing its habitual power.

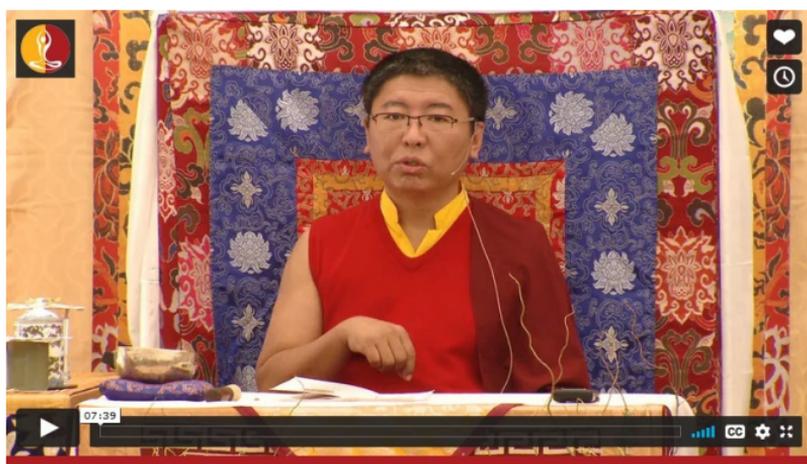
DAILY CONTEMPLATIONS

- Feel free, gutsy and okay
- Share light and love
- Monsters are few, not many
- Save some time: look in the right direction
- Drop hope and fear
- Just be aware, notice

CHILD HEART, ADULT BRAIN

QUESTION

- How can we cultivate the heart of a child and the head of an adult?



KEY POINTS

- Our taste of well-being arouses within us the desire for everyone to experience it.
- The younger generation is moving away from well-being and essence love. A healthy society can help to counteract the needy, greedy, and hollow tendencies developing in the younger generation.
- We do well in the head (cognitive) but not the heart (feeling) as a culture. We use methods to change the cognitive, but we usually end up back in our heads. It's essential to open the heart first and the mind second. Transformation begins with unblocking the heart, and a healthy mind follows.
- We need to cultivate the head of an adult and the heart of a young child, not an adult heart and a child's head. The

adult head makes lists and boxes, and everything has to have a reason. Yet the child-like heart can smile without reason, has natural humor, and is juicy.

EXERCISES

- Open more and more to moments of sharing the taste of well-being in our relationships, first with friends, then neutral relationships, and finally with enemies.
- Notice how we initially meet unexpected situations with either our head or heart. Practice bringing these together in the first moment of experience.

DAILY CONTEMPLATIONS

- Share the taste of essence love
- Open the heart, then the mind
- Child heart, adult head

OPEN HEART

QUESTION

- When do we practice the four immeasurables?



KEY POINTS

- When the bindus are moving, we can feel blissful energy. Our perception of phenomena changes and becomes more colorful and interesting. We naturally want to share this feeling with others.
- One of the main problems of the 21st century is hollowness. We have a right to feel okay, but due to hollowness, we engage in self-cherishing and everything becomes "all about me."
- Once we find essence love and calmness, we can meet our basic needs, but we do not have so much concern about all the "extra" neediness. Without this extra neediness, we can practice the four immeasurables.

EXERCISES

- Notice how perception changes with the activation of the bindus. Please become familiar with how changes in the subtle

body affect our perception and way of being in the world.

- Write down a list of what we need to live on and then all the extra stuff we think we need. Review this list and see what is essential and meaningful to our practice. How do we prioritize our time, money, and resources?

DAILY CONTEMPLATIONS

- Share bliss
- With essence love, it's not about me