

57. YOUR OWN MINDSCAPE

*B*ecoming alive to the imperfect present is a pointing to a liberating way of being, dynamically free — a love of adventure, experimentation, radical presence.

The awakening of a *whole world dharma* is not a doctrine that can be memorized and followed step by step.

There's no schema that can be followed
that guarantees freedom.

When in doubt, reflect: there is no 'single right way' to Be.
There is no right way to delight in spontaneity.
There is no right way to believe in ourselves.

Or to risk curiosity, or to wonder, or to Be so alive and open and original that we learn "to love things as no one has thought to love them," as the poet Rainer Maria Rilke suggested.

"Draw this line, only as you feel it to be the most worthwhile act of your life."

~ Paul Reps

We are in a universe of infinite possibilities,
framed by mortality, imagination, mystery.

"The biggest challenge in jazz improvisation," Miles Davis observed, "is not to play all the notes you could play, but to wait, hesitate — to play what's not there."

"The basic step in achieving inward freedom is 'choosing one's self,'" Rollo May informs us. "[This] means 'to affirm

one's responsibility for one's self and one's existence.' It is the attitude which is opposite to blind momentum or routine existence; it is an attitude of aliveness or decisiveness; it means that one recognizes that he [and she] exists in his particular spot in the universe, and he accepts the responsibility for his existence, responsibility for fulfilling one's destiny, accepting the fact that one must make his choices himself."

"If someone is guiding you, that is suspicious, because you are relying on something external," Chögyam Trungpa once said. "Being fully what you are in yourself becomes guidance."

What does it mean to become fully what you are in yourself?

"Wisdom tells me I am nothing. Love tells me I am everything.
And between the two my life flows."

~ Sri Nisargadatta Maharaj

Be alive.

Use your freedom.

Create your own unique mindscape.