

Notes on Having a Guru and Being Reactive vs. Responsive (2005)

Mula (source), sat guru, vajra guru, root guru

- real guru is the person that first introduces you to your true nature and you have self recognition in a way you never had before, via transmission. Embodied awakening of this is true, impt understanding in essence nature

base enlightenment – everyone has the inherent capacity to recognize their shiva nature which is dormant

path enlightenment – on a path, actualizing enlightenment through dharmic activity and teachings

fruit enlightenment – recognizing true nature and permanently abiding in it

recognition becomes permanent and unshakable and no return – fruit enlightenment

vajra guru (first points you to your nature)

upaya (methods) guru

stream entering = recognized wisdom nature not abiding in it but I want to

kula – trantric family, trantrika initiates into the world

RESPONSIBILITY, RESPECT, GRATITUDE, RESOURCEFULNESS

Are we reactive or responsive?

Reactive – more karma based

Responsiveness – what comes out of our thought, bhava process that does not come out of karma, appropriate

Response not based on conditioning, natural response fitting situation and environment

If we have good self reflection through meditation – only meditation can give us that
Cultivate meditation practice, deeper self reflection to ascertain, what is reactivity and what is response?

Speech and feeling tied to energy package of human being

6 realms flavor of how we miss open state

open state = parama siva, raw potential

from paramasiva → paraksakti → form (sense of individuation) aravamala, impulse to be mini me, then ahankara and karma is picked up, parents played parallel part in our creation, they did not make us

each individual broadcast 5 elements, till you are liberated projection of elements

outward, our experience created from running off of karmic bank

experience being projected form core outwards

our karmas broadcasted outward

the way we are reactive is the way for our liberation

start to understand world broadcast out from our cakras beyond our control at this point

we can use reactive energy to fuel our practice, doesn't have to hold us down

reactivity is a great marker of how we are progressing spiritually

energy of reactivity wasted if its going out in reactivity all thhe time, it could refresh every time you draw back reactivity dissolve world around you a little (the projection)

how?

At some point you try to make a real change, death

Real change, real growth

First stages of spiritual growth psychological for most

Sakti is everywhere, we are in a sea of sakti

The way we drain ourselves is trying ourselves up in knots

When we tie up energy we lose it

At some point very CLEAR, POWERFUL decision to change, this is foundational

Only siva w/ out sakti

Not possible to get enlightened if you do not engage

What causes us to react? An environment created threatening someway to self image formation or supports self image formation, forward projecting

2nd attention keeps wedge w/ attachment

notice energies arising before chucked out if you are good at 2nd attention

reactivity is just conditioning, no evil tongue

3 ways to transform reactive energies, shelves

1.antidote = sorry, I can't believe I just said that, antidote immediately and it starts set karmic pattern, just say no or just engage, remove yourself from situation

2.transform energy = mantra transforms energy, not a race, practice, kriya, puja

3.direct realization = catch as arises and watch it dissipate