

Simultaneous

Q: How to completely do and be at the same time? How to have goals, make plans without ambition, avoid anticipation of success or failure? How to work toward the future yet always be firmly anchored in the moment? How to fulfill one's deepest desires and best intentions without being emotionally invested, expecting particular results?

A: Doing and being are not contrary, despite appearances.

Opposites are just different manifestations of the same thing.

All thoughts tend to branch and polarize;

Automatic differentiation, one thing from another:

us and them, light and dark, action and reaction.

Why? The binary tree is a convenient way to internally model the world in a finite amount of memory—

originally required for survival,

then useful for simplifying the world

enough to be able to talk about it,

now known to be but one type of representation,

a single shadow of an immensely complex reality.

Understand that the tools of logic and communication

do not actually define or limit the universe;

all conundrums are artifacts of dualistic thinking.

Evolve beyond the binary tree—explore, expand, embrace;

accept that all things manage to exist at once,

even if the mind wants to make many of them mutually exclusive

(if not for the sake of organization, then to shun difficult changes by declaring a situation impossible to resolve).

Realize that the usual notions of success and failure

are absurd constraints on an infinity of surprising results.

Receive each gift and challenge with profound and equal thanks;

they are head and tail of the same coin.

Be not paralyzed by guilt or fear;
neither the past nor future can hold one captive.

Observe and absorb without judgment;
allow the subconscious to analyze and synthesize.

Note but avoid attachment
to any possible goals or solutions that surface to consciousness.

Eschew excessive extrapolation and premature optimization:
A plan that resonates with the true self
emerges from one's unique pattern of intuition-driven operation,
and as such need not be deliberately designed or sought;
this is freedom.

Make decisions at the instant actually needed—not a moment before.

Do what seems right at the time,
from the gut,
without hesitation,
exercising complete attention.

Be fully immersed in the situation and feelings at hand;
perceptions and actions are no longer forced through
the narrow channel of conscious reasoning, therefore
in every instant is a wealth of experience,
another opportunity for potential and completion:
curiosity and discovery,
compassion and healing,
concept and formation,
craving and satiation—
these are no longer separate events;
inspiration, expression, and satisfaction are simultaneous.

By Val Delane 2002, edited 2012

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