



## THE WISDOM WAVE NEWSLETTER

Volume 2 Number 3

September 9, 1991

### A FULL SPRING & SUMMER OF PROGRAMS

#### ARKANSAS RETREAT IS DEEPLY MOVING

Memorial day weekend marked the three and a half day retreat in Fayetteville, Arkansas. Bernadine Greer organized a beautiful retreat with Dr. Shyam, who insistently spoke of the need for the opening up of the rational mind as the only real avenue for a sane, healthy, and auspicious life. With irretractable logic, Dr. Shyam showed the irrational, ego-centered mind to be unalterably dissastrous and inescapably destructive. Seeing this, the irrational mind then tries to destroy itself, and only destroys everything else but its target, like the effort to destroy Saddam Hussain which killed thousands but not the tyrant himself. These humbling realizations shed a light of truth upon all retreatants in whom was rekindled a deep sense of knowing how to live. Hopefully, the proceedings will be published in some form at a future date. Retreatants were astounded, astonished and uplifted by the beauty of the message and the sense of divine family engendered by the weekend.

#### SANTA FE TALKS AND A POETRY FESTIVAL

In Santa Fe, Wisdom Wave sponsored two public talks, five gatherings at separate homes, and one poetry festival for the month of July. As an initial event to a series of cultural festivals, the poetry festival was honored by the participation of several published poets such as Alvaro Cardona-Hines, Sarai Saporta, Mari Shelby, Patricia Brown, Mary Rose, Joel Randall, and Sylvia Giron. The audience was also graced by the lively readings of John Boland, Barbara Manning, Richard Young, Karen Syverson, and the Brown children, Keegan and Amiya. More cultural events to come include programs of dance and music, drama, visual arts and children's creativity. The creative arts do not naturally emerge from limited belief systems but rather come through individual expression from the creative source. Our hopes are that they can be enjoyed and encouraged through community sharing outside of the mainstream approach of disheartening competition or constricting commercialism.



Arkansas Retreatants full of good humor and inspirations on the last day... Photo submitted courtesy of Kersten Flodin of NYC, May, 1991

**MEDITATION**

*Is meditation a technique, a process, a concept or a spontaneous awareness that comes upon surprisingly when the mind is empty of its content and the energy of calmness contains the turbulence of chaos? It is very important to know what meditation is in reality and what it means in its broader connotation to the universality of the mind and the preliminaries of life. There are many concepts, practices, definitions, terminologies and applications of meditation in different religious groups and also among ardent advocates of relaxation and rehabilitation. In usage, meditation stands for certain induced or enforced activities of the mind such as concentration, thinking, reflecting, chanting, visualizing, maneuvering, measuring, recalling, etc. In recent years, meditation has "become" an essential feature of mysticism and psychism.*

*Is there a practical side of meditation which can be applied to every day life to make it less complex and more pleasant? There may be an answer, not in the techniques of meditation which are generally conditions and reactions governing the practice of meditation, but in the non-technical inspirations which are not conditions and reactions, but dynamic movements and interactions overwhelming the mediocrity of the endangered mind. I say "endangered" because the human mind has become terribly destructive and whatever becomes destructive, destroys itself eventually. Paradoxically enough, human beings have lived and continued in this situation for thousands of years. The human mind has invented thousands of escapes. Some of these escapes are meaningful as long as confusion and chaos are considered normal. Others have no meaning whatsoever. Meditation, which is eternally present in the pure energies of the mind and the spirit as the transcendental fire of immensity and clarity, has also become an acceptable escape leading to inertia and egocentric*

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*propensities. Meditation is practiced in the Orient as a means to a spiritual end. The practice of meditation, with its variety of techniques, may not lead to any expected results. But it is better to practice it in any form just to keep the mind out of mischief. If the practice becomes mechanical, it may lead to chemical interactions but not dangerous reactions. This is, in fact, a practical and positive contribution. Meditation practice may obviate the chaotic nature of the present day life. Meditation, to my knowledge, is not an ending process but an ever-creating, holy presence that eternally pervades the universal essence as law in itself. It is neither being nor becoming. It is just present eternally. It happens when the mind is pure and empty, and the consciousness revels in freedom. When it comes upon, one is eternally present. One is immense; one is immeasurable and one with the totality of the inscrutable Cosmic rhythm in which "this" vanishes and the "other" is no more. There is the sound, just the sound, the ever renewing music, the eternal dance sporting graciously with gay abandon and nothing else.*

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**BRIEF IMPRESSIONS****OF A FIRST VISIT TO RANCHO ANCON**

*by Rosemary Reagan*

*Talking leaves of massive cottonwoods shade Rancho Ancon's adobe structures and grounds. Actually, the leaves whisper their gentle vibrations carried by breezes to hammock loungers, yard workers, and patio dwellers. A gentleness about Rancho Ancon and its owners blends with the immaculately pure mountain air. Spotlights of morning sun encourage Shasta daisies, petunias,*

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tiger lilies and geraniums stationed near red brick walkways.

The newly decorated guestroom, a wonderful blend of white, pinks, browns, and blues, suggests an ancient history of itself with an adobe corner fireplace. It also demonstrates the modern energy of its owners, with freshly painted white walls, new flowered carpet and bedspreads -- and white lace curtains.

Bricked floors in Rancho Ancon's main hacienda lead the way to a place which blends cultures. Eastern sunshine from double doored windows shines on a Spanish tile coffee table of a Navajo woman on a pinto pony, herding sheep beside purple mountains. Massive hand carved furniture, wall paintings of the Buddha, St. Francis's statue over the adobe fireplace, and a hand painted screen including Shiva, Vishnu, Brahma and their consorts Parvati, Lakshmi, and Sarvasviti, blend religious heritage as well.

The meditation room features-- on entering--a ten feet high, five feet wide mirror framed in carved mahogany, reflecting the room's spiritual essence. The altar, Buddha, Jesus the Christ, Mary, Quan Yin, share a place with other symbols of world spirituality. And, through windows behind the altar, again is a view of cottonwoods with their talking leaves, which whisper to you their message of the ages!

July 20, 1991

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### QUOTATIONS from THE SHORELESS OCEAN

"The Kingdom of God on earth is a myth. There is neither the possibility of the so-called Kingdom of God on earth nor that of the demon. It is man always and man throughout."

"The concept of progress of a fragment outside of the whole is no progress and, likewise, the idea of survival of a fragment apart from the whole is no survival."

"Every dusk passes into night. Every dawn breaks into day. Likewise, in every life the cloud clears, light comes and insight dawn. But the dawn of insight fails to meet the light of day."

"The human psyche is actually trapped within the phantasmagoria of the process of becoming. Having no space for expansion, it is passing through a bottleneck termed existence."

"Life is life, an indivisible movement running right through the universal blueprint."

"Relationship, the unity of all life, has become thought promoted formality."

"Relationship is deeper than what appears. It is deeper than the skin, thicker than the blood and subtler than the breath."

"The 'other' is not a myth nor a figment of imagination or a romantic, other-worldly individual or a day dreaming poet, but a living reality in which all the currents of life meet and merge."

"The self is the problem and the solution is also the self."

"If the Self is known, everything is known. If the Self is known, nothing remains unknown. If the Self is really known, it is known forever."

"'Love at first sight' is meaningful if the first sight is the last sight, which can only happen in totality."

"If man had ever thought of providing a small skylight to this prison, it would have surely served as a window on eternity."

"Consciousness is living energy. Life is a movement in consciousness."

"The recycling of the impulsive responses of the psyche to thought stimuli is carried out by the egocentric reversal of

the psychosomatic energy. This energy is channelled and directed towards the inbuilt emotional reservoirs of consciousness on which the ship of life is set afloat."

"There should be no difference between religion and life. Life is what it is and that is the truth."

"When our limited energy diminishes in the course of our wanton activities, we try to supplement it by resorting to external exercises, vitamins, minerals and tonics."

"Energy is total in itself and in its totality lies the unity of all life."

"Even though man is said to have been created in the image of God, man has drifted away from the source by following the course of desires."

"A choiceless mind is a religious mind."

"The Cosmic Law, the Law of the Immeasurable, is called Dharma. This is also the Law of humanity, the Law of the gods, and the Law of all sentient beings."

"To be out of tension, life should be exposed to the light of intelligence and wisdom."

"The Dharma of man is an unconcerned movement of action in goodness."

excerpts from The Shoreless Ocean soon to be republished © 1991 S. Kashyap

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"I do not know what I may appear to the world, but to myself I seem to have been only like a boy playing on the sea-shore, and diverting myself in now and then finding a smoother pebble or a prettier shell than ordinary whilst the great ocean of truth lay all undiscovered before me."

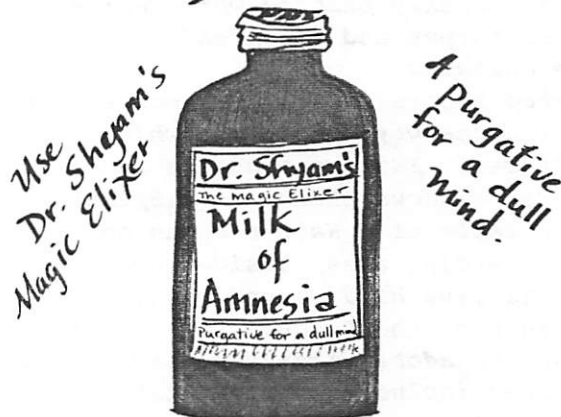
Sir Isaac Newton 1642-1727

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## COSMIC CHUCKLES

# Are you suffering from an impacted brain?



## "The Milk of Amnesia is what frees ya!"

Shyam's remedy for the irrational mind  
© 1991, Liz Cooper

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### MEMBERSHIP

If you wish to become a member of WISDOM WAVE and have not done so, please send the attached form and a \$25 contribution to:

WISDOM WAVE  
PO BOX 3558  
SANTA FE, NEW MEXICO 87501-0558  
Phone number is (505) 455 2268

Further information will be mailed upon your request. We are a non-profit corporation approved by the U.S. Internal Revenue Service as a 501 (c) (3) organization. Your donations are tax deductible.

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**LAST CHANCE! IF YOU WISH TO KEEP RECEIVING  
THIS NEWSLETTE PLEASE SEND A DONATION!**