

Fresh, Not Frozen

We should examine how our discriminations have changed progressively since we were children. The things we enjoyed as a child are probably not the same things we appreciate as an adult. If we contemplate this based on our own experience, then we can clearly see how our discriminating thoughts are continually shifting. When we stop fixating on our discriminations as being the self, we can relax.

Understanding this can help us in our relationships with other people. When someone does something we dislike, we attribute certain characteristics to them, such as “greedy” or “selfish.” That event and those labels become fused with the person in our mind. The next time we see them we remember those characteristics rather than seeing them as they are in this new moment. The person recalled by our mind seems more real than the person standing in front of us. We do not even notice what this person is doing in this present moment because we are recalling the last time we saw them, and all those strong feelings come back to us, including even anger. In this way we keep our relationship frozen in our limiting labels rather than being open to changing circumstances.

— From “Heart of the Definitive Meaning” in *Stars of Wisdom: Analytical Meditation, Songs of Yogic Joy, and Prayers of Aspiration*, page 27, translated by Rose Taylor

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