

ALBA White Board

Being still in nature - teachings from the forest

- Led by Randula Haththotuwa

Reflections

Thank you friends for joining the retreat.

Please use the space below to share your reflections. You may wish to put your name or leave it anonymously

Dear Randula,

I just sent you an e-mail, forgetting the board, as I have not used it before for ALBA DoP. Just wanted to thank you for yesterday for sharing your practice and thoughts about meditating in the forest. I apologise for leaving a little early without thanking you or saying goodbye to everyone. The day was very inspiring and uplifting to my practice. Much merits to you and all who work behind the scenes to make this a very successful day.

Mettha,

Tamara

Thanks for retreat Randula.

One reflection is, does nature want us to awaken?

Where does awakening sit with nature, as clearly awakening is part of nature, but not a given.

I was also reflecting on the story of three fish that's going around at present:

Two young fish are greeted by an older fish who asks them as she swims by " how do you like the water?"

The younger fish swim on and ask themselves "what does she mean by that?"

We are so immersed in nature we fail to see everything is nature

Thanks for the day

Greg

Dear Greg and Tamara

Thank you for sharing here – lovely to hear that you connected with the theme – it's in our nature 😊 I like the story Greg.. and your ending, everything is nature...

The other day I was reflecting on how everything we are physically, is just part of this earth - just as the fish - even when we jump up in the air - we are still connected with the earth through the atmosphere yet we don't see this - we think we are something separate and special or different - until we truly see ourselves.

You may have heard of the comical dialogue between Menippus and his friend ([Icaromenippus, high above the clouds, by Lucian](#)). Here Menippus takes on eagle wings to go up to the moon and comically describes what happens on the earth –to extract a phrase, *'Well my friend, that's what all the singers on earth are like, and of such a discord is the life of men composed. Not only do*

they sing out of harmony, but they dress differently, move in opposite directions and have no common purpose....'

Edgar Mitchell, US astronaut, had a similar sense of discontent, *'In outer space you develop an instant global consciousness, a people orientation, an intense dissatisfaction with the state of the world...'*

... the differentiation, discrimination we create – is because we seem to be too engrossed in ourselves – we don't see ourselves as we would from outer space - we fail to see the bigger picture of nature, from nature. The Buddha of course didn't say we had to travel the universe to figure this out – for the whole universe we find just in ourselves – right here – for again, we are all nature – this same nature that is the universe.

Edgar Mitchell himself interestingly formed the Institute of Noetic science which means, from the Greek *noēsis/ noētikos*, inner wisdom, direct knowing, intuition, or implicit understanding.

So there we have the answers in following the path of the Dhamma- to trust in the wisdom within ourselves, to understand ourselves - we understand our nature -we understand the universe.

With Metta
Randula