

# Food, Sex and Money: The First Steps of the Baby Buddha

**Drie.** De Derde Stap. Aan U geef ik mij over. Ik buig voor *Sangha*. Kinhin. Het derde chakra. De maag. De zonnevlucht. Visioen van Glorie. Waarheidsliefde. “Maak die doek los.” Doop. Jukai. Kwikzilver. Mercurius. Shiva. Zeus. Thor. De Toren van Babel. Sodom en Gomorra. Jericho. Saul/Paulus. Hiroshima. Auschwitz. *Guernica* van Pablo Picasso. Elf september. *Great doubt. Great death. Great liberation.* Psychotherapie. Wij besloten onze wil en ons leven over te geven in de hoede van God, zoals ieder van ons hem persoonlijk aanvaardt. Visioen van triomferende Schoonheid. Onbaatzuchtigheid. “Jongen, geef mij eens een bos bloemen.” Vormsel. *Life Vows*. Koper. Venus. Kshanti. Right Effort. Onwetendheid.

Red. Impulsive/Egocentric Meme - starting 10,000 years ago

*Basic theme: Be what you are and do what you want, regardless the outcome*

- The world is a jungle full of threats and predators
- Breaks free from any domination or constraint to please self as self desires
- Stands tall, expects attention, demands respect, and calls the shots
- Enjoys self to the fullest right now without guilt or remorse
- Conquers, out-foxes, and dominates other aggressive characters

**Twee.** De Tweede Stap. Overal zie ik mijn genezing. Lofzang. Ik buig voor *Dharma*. Buigen. Ki. Het tweede chakra. De geslachtsorganen. Voortplanting. We kwamen ertoe te geloven dat een kracht groter dan wijzelf ons weer geestelijk gezond kon maken. Familieopstellingen. *Iron John. The Beautiful Wassilissa*. Visioen van de Machinerie van het Heelal. Onafhankelijkheid. “De sleutel van de kooi ligt onder het hoofdkussen van je moeder.” *Submission*. Shoken. Zilver. Maan. Shila. Right Mindfulness. Haat.

Purple. Magical/Animistic Meme - starting 50,000 years ago

*Basic theme: Keep the spirits happy and the tribe's nest warm and safe*

- Obeys the desires of the spirit being and mystical signs
- Shows allegiance to chief, elders, ancestors, and the clan
- Individual subsumed in group
- Preserves sacred objects, places, events, and memories
- Observes rites of passage, seasonal cycles, and tribal customs

**Een.** De Eerste Stap. Ik geef toe dat ik machteloos ben. Rouw. Ik buig voor *Boeddha*. Zazen. Zwaartekracht. Het eerste chakra. De bekkenbodem. Eten. Drinken. Spuiten. Slikken. Wij erkenden dat wij machteloos stonden tegenover de alcohol - dat ons leven stuurloos was geworden. De Anonieme Alcoholisten. (020) 6817431. Al-Anon. Alle twaalfstapsgroepen. Past Reality Integration-therapie. Visioen van de Heilige Beschermengel. Onderscheidingsvermogen. “Geef mij mijn gouden bal terug.” *The Shift*. Tangaryo. Aarde. Dana. Right Concentration. Hebzucht.

Beige. Instinctive/Survivalistic Meme - starting 100,000 years ago

*Basic theme: Do what you must just to stay alive*

- Uses instincts and habits just to survive
- Distinct self is barely awakened or sustained
- Food, water, warmth, sex, and safety have priority
- Forms into survival bands to perpetuate life
- Lives “off the land” much as other animals

# The Long and Winding Road: Returning to the Home You Never Left

**Zeven.** De Zevende Stap. Kaal kom ik van de berg en ik schenk de wijn van de vreugde. Het zevende chakra. De kruin. De Kroon. De Duizendbladige Lotus. De Allerhoogste. Zuiver Zijn. Het Grote Onbekende. Vereniging met God. De Trance van de Annihilatie. Voltooiing van Het Grote Werk. Volbrenging. De Twaalfde Stap. Shiho.

**Zes.** De Zesde Stap. Ik ben één met *Big Mind* en *Big Heart*. Dokusan. Het zesde chakra. Het derde oog. Visioen van Zorg. Zwijgzaamheid. Den kai. Saturnus. Moederschap. Aphrodite. Demeter. Gaia. Eleusinische mysteriën. Jaspis. Right Aspiration. Visioen van God van Aangezicht tot Aangezicht. Devotie. Daiji. De Dierenriem. Prajna. Right Understanding.

Green. Communitarian/Egalitarian Meme - starting 150 years ago

*Basic theme: Seek peace within the inner self and explore, with others, the caring dimensions of community*

- The human spirit must be freed from greed, dogma, and divisiveness
- Feelings, sensitivity, and caring supersede cold rationality
- Spreads the Earth's resources and opportunities equally among all
- Reaches decisions through reconciliation and consensus processes
- Refreshes spirituality, brings harmony, and enriches human development

**Vijf.** De Vijfde Stap. Ik ben één met mijn ouders en mijn Leraar. Teisho. Het vijfde chakra. De keel. Visioen van Macht. Energie, Moed. Shuso Hossen. Mars. Openbaring 17, 3-4. Dionysos. *Conscious choice to be a human being*. Right Action. Visioen van Liefde. Gehoorzaamheid. Hoshi. Jupiter. Dhyana. Right Speech.

Orange. Achievist/Strategic Meme - starting 300 years ago

*Basic theme: Act in your own self-interest by playing the game to win*

- Change and advancement are inherent within the scheme of things
- Progresses by learning nature's secrets and seeking out best solutions
- Manipulates Earth's resources to create and spread the abundant good life
- Optimistic, risk-taking, and self-reliant people deserve success
- Societies prosper through strategy, technology, and competitiveness

**Vier.** De Vierde Stap. Ik adem uit en ga dood. Ik adem in en verrijs. Samu. Het vierde chakra. Het hart. De intocht in Jeruzalem. De Gouden Eeuw. Tabula Smaragdina. Hermetis. De zeven vette jaren in Egypte. Visioen van de Harmonie der Dingen. Mysteriën der Kruisiging. Toewijding aan Het Grote Werk. *Falling from grace*. Shukke Tokudo. Zon. Virya. Right Livelihood.

Blue. Purposeful/Authoritarian Meme - starting 5,000 years ago

*Basic theme: Life has meaning, direction, and purpose with predetermined outcomes*

- One sacrifices self to the transcendent Cause, Truth, or righteous Pathway
- The Order enforces a code of conduct based on eternal, absolute principles
- Righteous living produces stability now and guarantees future reward
- Impulsivity is controlled through guilt; everybody has their proper place
- Laws, regulations, and discipline build character and moral fiber

# The Frankenslag Code, or How the Kanzeon Mystery Can Be Solved

Do you want to wake up?

Then develop:

- Body Intelligence
- Group Intelligence
- Verbal Intelligence
- Emotional Intelligence
- Leadership Intelligence

Maybe also:

- Priest Intelligence

**Big Mind:** Do the *Big Mind Process* (with Genpo Roshi or one of his successors).

**Big Heart:** Again, do the *Big Mind Process*.

**Big Belly:** Do the *Three Steps Exercise*.

*Third Step* Give up your ideologies.  
Learn to listen.  
Own the Voice of Power.

*Second Step* Untie your family constrictions.  
If you are still a boy, become a man. (*Iron John*)  
If you are still a girl, become a woman. (*Wassilissa*)  
Let the Voice of Sexual Drive mature.

*First Step* Give up all your addictions, one by one.  
Start with alcohol, then quit smoking.  
Go on, looking for the next addiction.  
Practice the Voice of No-Hope.

And, of course, do **zazen** for ten, twenty or thirty years!

# Some Thoughts On the Period Before Shoken and Jukai

We are born and do **The First Step**. We admit we are powerless, and at the same time we trust this strange, new, dangerous world. Help will hopefully arrive, and it does.

We are seven years old, and we do **The Second Step**. Again we enter a strange and new world. **Boys** leave the women's world, and enter the world of men. Some form of introspection is introduced. **Girls** realize they aren't married to Daddy, but belong in the women's world. They also receive a fitting introspection method.

Then at fourteen, our bodies have ripened, and it is time for **The Third Step**. New rules are given and accepted. New horizons open up.

At twenty-one we celebrate **The Third Step Completed**. We are grown-up now, and enter the community of the grown-ups. Yet, we are like a baby! So the second half of this fourth ceremony is called: **The First Step Revisited**. Again we admit our powerlessness, again we wait for help, from the outer and inner world.

At twenty eight (or so) our comfortable lives become a little bit uneasy, and like Siddhartha Gautama, we may start a spiritual quest. The fifth ceremony: **Shoken**.

Some years later we may admit we are Buddha, in other words: we receive **Jukai**.

Et cetera. Now, two questions arise.

Did we, grown-ups, really receive the first four initiations?

If not, how then can we give them to our children?

# Inwijdingen voor volwassenen, vaders, moeders en kinderen

## Een schematisch overzicht

De **eerste reeks** (formele) inwijdingen ontvangen wij, volwassenen, als we lid worden van een esoterisch genootschap.

Voorbeeld: Bij zen ontvangen we *shoken*, *jukai*, et cetera.

Als we vader of moeder worden van ons eerste kind, begint de **tweede reeks** inwijdingen. Elke zeven jaar een nieuwe inwijding, de laatste ontvangen we als het kind, inmiddels volwassen, vijfendertig jaar oud is.

De **derde reeks** bestaat uit de inwijdingen die ons kind zelf ontvangt. Ook die reeks eindigt als het kind vijfendertig jaar wordt.

De **vierde reeks** is pikant: dat zijn de inwijdingen die wij, volwassenen, als kind hebben ontvangen, of juist hebben gemist... met alle gevolgen van dien.

De **vijfde reeks** is een bonusreeks en begint bij de geboorte van ons eerste kleinkind.

# Finding Your Big Mind

Genpo Merzel Roshi

**W**e are all born with the unborn Buddha Mind, what I call Big Mind, an inner awareness that we are connected with others and our environment—literally One Mind. But something happens as we grow up; we begin to make distinctions and to separate ourselves from the rest of the world. We trade the Big Mind we are born with for another mind that centers around the small self. That self then becomes our number one preoccupation.

The small mind always looks at the world from the center called “me.” The arrow points “out there” so everything else appears to be on the outside. And when we look “out there,” we feel rather empty, unimportant and incomplete “in here.” Naturally want arises; we want to feel better, more complete. As long as we believe that something outside ourselves can make us feel whole, we will be driven to grasp at things. Dissatisfaction and anxiety will haunt us because we have traded Big Mind for a narrow, self-centered one. This unrest is what the Buddha called ignorance. We ignore our intrinsic wholeness.

The point of spiritual practice is to return to our original mind, which is Big Mind. When our mind is not divided, there simply is no conflict. In Zen we turn our own light inward to find our way back to original mind.

An easy exercise can give you a glimpse into the true nature of your mind. Take a few minutes to look inside and ask yourself this simple question. “How big is this mind?” Really look! Don’t imagine what you think you should find; look for yourself.

Can you grasp the size of your mind? No, it is ungraspable. Can you find a beginning? an end? Can you find a birth or death? No. Anything that you find has been invented by the small mind.

In Big Mind we experience no separation, no outside, no inside, no point and no center. Even though we experience this incomprehensible Heart-Mind, our separate and frightened self wants to believe that something bigger than ourselves has everything in control; so we keep looking for God “out there.” The secret known by all the mystics is that God can be found only when we give up our efforts to control and understand our life. Such striving is really unnecessary. When we give up our small perspective and come from Big Mind what is there that we don’t know?

When we look inside and let go, we can come from Big Mind and see that there is no need to control any of it. When we allow everything to just be, it all functions perfectly, exactly the way we want because we give up wanting it to be any other way. The trick is to let go of wanting. When we give up our preconceptions of where the snow should fall and let it fall where it falls, then there is no question about what to do. Grab a shovel. Instead of fighting and resisting, we can simply take care of each situation as it happens. So put the car in neutral. Relax and let be. Appreciate how everything is functioning perfectly.

How easy is it to experience this Big Mind? The question is: How difficult is it to put aside the controlling self? It can take years, or with the right preparation, a few minutes. There is a breakthrough

process leading directly to Big Mind. It’s a technique I’ve developed out of Hal Stone’s Voice Dialog therapy. Through this approach we become acquainted with the different functions—the voices—of the small self; appreciate them and then ask them to step aside for awhile, to allow the original mind to emerge.

One of the first voices to explore in this process is the voice of the Controller. Take a few minutes to experience this voice; appreciate its value in your practical life. Could you function without it? Now ask it to rest awhile. You may have been thinking the Controller was the real you, but get to know some other dimensions of yourself. There are many voices to explore on the way to Big Mind. The truth of the voices lies in their expression, their being. Be the voice of the Vulnerable Child. Sit with it. What is your vulnerable child like? Speak as the Protector, the Damaged Self, the Skeptic, the Seeker. Many on the spiritual path are already acquainted with the Seeker. It’s the mind that brings us to the path. Yet, can the Seeking Mind ever be what it seeks?

Now shift to the Non-Seeking mind. Let all objectives simply drop away and experience this space. One participant at a recent workshop described his own experience this way: “Here [in non-seeking mind] is a sanctuary, entirely in the present, yet part of a continuum extending to the ends of the universe, incorporating birth and death. Here is ‘Big Mind’ encompassing everything.” Whether you’re in that space or not; Big Mind is your mind.

From: [www.bigmind.org](http://www.bigmind.org)

# Zeven Stappen van de Zen Student

## **Stap zeven**

Kaal kom ik van de berg en  
ik schenk de wijn van de vreugde.

## **Stap zes**

Ik ben één met *Big Mind* en *Big Heart*.

## **Stap vijf**

Ik ben één met mijn ouders en mijn Leraar.

## **Stap vier**

Ik adem uit en ga dood. Ik adem in en verrijs.  
Ik kom thuis.  
Ik dien mijn broeders en zusters.

## **Stap drie**

Aan U geef ik mij over - ik buig voor *Sangha*.  
Ik luister.  
Het einde van onwetendheid.

## **Stap twee**

Overal zie ik mijn genezing - ik buig voor *Dharma*.  
Ik buig voor mijn ouders in dankbaarheid.  
Het einde van haat.

## **Stap een**

Ik geef toe dat ik machteloos ben - ik buig voor *Boeddha*.  
Ik geef.  
Het einde van hebzucht.

# Enkele boeddhistische termen in een notendop

## De vier edele waarheden

1. De vaststelling van lijden
2. De oorzaak van het lijden in de behoefteigheid
3. De mogelijkheid van bevrijding
4. Het pad van inzicht, deugd en meditatie dat tot bevrijding leidt

## Het achtvoudige pad

### Inzicht:

de juiste zienswijze  
het juiste besluit

### Deugd:

het juiste spreken  
het juiste handelen  
de juiste wijze van levensonderhoud

### Meditatie:

de juiste inspanning  
de juiste aandacht  
de juiste concentratie

*Het achtvoudige pad vormt de inhoud van de vierde edele waarheid. De term 'juist' bij ieder element betekent: harmonisch afgestemd op de andere elementen van het pad.*

## De drie vergiften

Begeerte  
Afkeer  
Verwarring

*De drie vergiften houden ons in hun greep gevangen en verzieken daarmee het leven voor onszelf en voor de anderen.*

## De vier kenmerken van bevrijding

Liefde (Metta)  
Mededogen (Karuna)  
Vreugde (Mudita)  
Onbevangenheid (Upekkha)

*Bevrijd van de greep van de drie vergiften stralen we in ons handelen spontaan deze vier kenmerken uit.*

## Karma

Letterlijk: werking, handelen  
de wet van oorzaak en gevolg;  
bij uitbreiding: verantwoordelijkheid

## De drie kenmerken van de werkelijkheid

Lijden (Duhkha)  
Vergankelijkheid (Anitya)  
Niet-zelf (Anatman)

*Deze drie kenmerken zijn eenvoudige vaststellingen over de aard van de werkelijkheid waarin we leven.*

## De twee perspectieven van waaruit we naar de werkelijkheid kunnen kijken

De conventionele werkelijkheid: de werkelijkheid zoals we ze dagelijks zien, ze denken en erin handelen.

De uiteindelijke werkelijkheid: de werkelijkheid gezien vanuit een radicale openheid, ontdaan van alle conventies, concepten en illusies.

## De twee elementen van meditatie

Shamatha: stoppen, tot rust komen  
Vipashyana: kijken

## De vruchten van het pad

Wijsheid (Prajna)  
Mededogen (Karuna)

*Wijsheid en mededogen kunnen niet onafhankelijk van elkaar bestaan. Mededogen is de vanzelfsprekende verwerkelijking van wijsheid.*

## De zes paramita's

Geven (Dana)  
Deugd (Shila)  
Bevatten (Kshanti)  
Inzet (Virya)  
Meditatie (Dhyana)  
Wijsheid (Prajna)

*De paramita's zijn activiteiten die in hun vervolmaking (paramita) leiden tot bevrijding.*

## De vijf deugden (Shila)

Niet doden; respect voor het leven  
Niet stelen; vrijgevigheid  
Geen seksueel misbruik; respect voor de ander  
Geen incorrect gebruik van de taal; oprechtheid  
Geen gebruik van bedwelmende middelen; helderheid van geest

*Het cultiveren van de vijf deugden betekent het vermijden van het veroorzaken van lijden en het bevorderen van welzijn. Zij leiden in hun vervolmaking (paramita) tot bevrijding.*

## De drie juwelen

### Boeddha

Letterlijk: ontwaakte  
Eretitel gegeven aan Siddhartha Gautama,  
de wijze uit de clan van de Shakyans (Shakyamuni),  
de historische Boeddha  
Bij uitbreiding: de ontwaakte staat van alle levende wezens

### Dharma

Letterlijk: de dingen, de verschijnselen,  
de werkelijkheid  
Meestal gehanteerd als: de leer, de praktijk

### Sangha

Letterlijk: harmonie  
De gemeenschap van beoefenaars van de dharma



# Spiral Dynamics: The Eight-Stage Spiral of Development

**Second Tier:** "Being" valueMEMES

## **TURQUOISE Holistic MEME - starting 30 years ago**

**Basic theme:** *Experience the wholeness of existence through mind and spirit*

**Zen correspondence:** *Shoken*

- The world is a single, dynamic organism with its own collective mind
- Self is both distinct and a blended part of a larger, compassionate whole
- Everything connects to everything else in ecological alignments
- Energy and information permeate the Earth's total environment
- Holistic, intuitive thinking and cooperative actions are to be expected

## **YELLOW Integrative MEME - starting 50 years ago**

**Basic theme:** *Live fully and responsibly as what you are and learn to become*

**Zen correspondence:** *Raising the Bodhi Mind. Tangaryo*

- Life is a kaleidoscope of natural hierarchies, systems, and forms
- The magnificence of existence is valued over material possessions
- Flexibility, spontaneity, and functionality have the highest priority
- Differences can be integrated into interdependent, natural flows
- Understands that chaos and change are natural

**First Tier:** "Subsistence" valueMEMES

## **GREEN Communitarian/Egalitarian MEME - starting 150 years ago**

**Basic theme:** *Seek peace within the inner self and explore, with others, the caring dimensions of community*

- The human spirit must be freed from greed, dogma, and divisiveness
- Feelings, sensitivity, and caring supersede cold rationality
- Spreads the Earth's resources and opportunities equally among all
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## **ORANGE Achievist/Strategic MEME - starting 300 years ago**

**Basic theme:** *Act in your own self-interest by playing the game to win*

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- Societies prosper through strategy, technology, and competitiveness

## **BLUE Purposeful/Authoritarian MEME - starting 5,000 years ago**

**Basic theme:** *Life has meaning, direction, and purpose with predetermined outcomes*

- One sacrifices self to the transcendent Cause, Truth, or righteous Pathway
- The Order enforces a code of conduct based on eternal, absolute principles
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