

Who, me?

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One scene from *Dr. Who* made a particularly lasting impression on me. Dr. Who spent an enormous amount of his time defending the galaxy from evil creatures out to exterminate humanity. In one episode, all of his enemies unite and confront him. They tell him that he was the enemy of the universe, not them. I forget how the episode resolved, but I recall that he was shocked. This was a transformation of his worldview from seeing aggression all around him to seeing his own—or so I recall the scene. It was a shunyata moment.

We can relate to this on several levels. On a personal level, when we take stock of our own lives, we may have similar moments of clarity that can transform our own worldview. Sure, we occasionally send out expressions of passion, aggression, ignorance, jealousy or pride. Yet, generally, we are the good guy. When the world sends its responses back in our face, we may think twice. These events can be shocking. It may be time to take stock.

These are moments of clarity, where we see our world and ourselves without the guise of conditioned goodness. They are shunyata moments—without reliance on any familiar concept. We were comfy and cozy in our cocoon, and now we realize that all is not completely right in the world. There is a gap, an openness, beyond our established patterns.

We may not want to face what we see in those moments. We may run back to our cozy way of seeing how other people are all screwed up, while we are okay. Maybe that is true. Or, we may feel really bad, that we are undeserving of anything good. No wonder everyone hates us, why nothing goes right. Maybe that is true. We might respond with renunciation by vowing never to do those nasty things again. We could even find an Ego Anonymous meeting to attend. Of course, we may keep acting out, and then have to renew our vows over and over. Maybe this is a good response.

While each of these responses may reflect an element of truth, they are simply more cocoon habits. They are all based on concepts of who we think others are, who we think we are, or who we think we should be. We are trying to fit our habits into an open space. Rather, we could try something new: we could just sit and look, without judgment or regret. When we refrain from knee-jerk responses, and give our situation space and openness, we may start to see clearly.

We can have many such moments of clarity, although we may frequently fall back into established habits. We peel our ego-onion layer by layer and find more and more. It is truly a journey. Actually, as we become more and more aware, we may see more and more problems that we couldn't even have imagined before. This is not always an easy path—we actually have to look at ourselves.

Eventually we may relax into our own humanity and look at our unconditioned, basic goodness. Our true humanity is without flaw or fault. At each moment, we face a decision. When we remember, we could touch our fundamental, timeless, compassionate awareness before we choose which way to go. We could respond with courage. Then we can straighten our back with dignity in our perfect humanity, soften our front in openness to whatever may come our way, and walk forward, towards the Great Eastern Sun.