

## **Myth of Self**

One of the most brilliant and unprecedented elements identified in Buddhist literature is the word 'Samkan Tua'. Only in absolute mindfulness can one comprehensively and summarily annihilate the concept of 'Samkan Tua' - the 'Myth of Self.' Once we become aware of our true purpose, we are sure to show an incredible capacity for endurance even in extreme conditions. In spiritual life, our capacity to endure through ups and downs, nights and deserts, and sloughs of despond is dependent on our desire. If we want to, it is because we believe it to be worthwhile. This is why true faith can lead to true meditation. True meditation enables us to see what it is; it comes with the practice of true mindfulness, which is training our awareness to maintain an uninterrupted conjunction with the crown jewel of the highest spirituality. In meditation, the mind becomes calm, and we start noticing sharp changes in our values and attitudes. There is a recognition that stuffing the mind full of thoughts and fantasies is pointless, and searching the universe for pleasant sensory experiences is demeaning and irrelevant. We wonder if we have never thought about getting out of these traps before. Meditation, along with its deep peace and happiness of mind, brings forth a very different kind of logic from that of the previously busy mind. Suddenly, there is also a sense of sadness for the time that we have allowed the mind to hang out with hindrances. All the times that have been squandered We think, 'How could I have been so foolish?' Only peace makes sense to a true peaceful mind. The mind stabilized by meditation loses its habitual reaction to objects, which is to rush towards pleasant and away from unpleasant. When our minds are immature and we are unaware of the purpose of our being, we are initially not in peace of mind. When we are in hindrance mode, meditation seems far away, all the teachings about peace of mind seem like pious platitudes and the practice of meditation doesn't gel. Even though we aspire to draw the fruits of meditation, we may find ourselves trying to avoid meditation. However, if we are willing to go against the grain, once the mind starts to become calm and concentration increases, then that kind of negative thinking appears foolish once more. The pacification and clarification of the mind's intrinsic power seem to be the most intelligent things that we could be doing. When the mind starts taking joy in meditation wholeheartedly, what becomes clear is the inherently peaceful nature of the mind. We enter a calm egalitarian land. Everything does the same thing in the same way; it arises and then passes away. The nature of experience far outweighs the significance of its content. We make a radical

switch or revolution from an obsession with the contents of experience to a cool, clear-eyed appreciation of the process or contour of experience, this rising and passing away. With insight and understanding of the process of rising and passing away— it is here the idea of 'Self,' the raising of the flag of 'me' and 'mine' starts to be undermined.