

COMING SOON: DHARMA GROOVES

March 1, 2013

By Michael Erlewine (Michael@Erlewine.net)

“Dharma Grooves,” the other half of the “Spirit Grooves” videos is now in development and being produced. It will differ from the earlier videos in that it will (I am sorry to say) include me on camera, at least some. Everyone has to be a talking-head for at least fifteen minutes, right?

<http://www.youtube.com/watch?v=R0vjVBjWEiY&feature=youtu.be>

“On camera” is not something I am used to or very much enjoy, but my little inner-bird told me just to do it and I find myself being more and more obedient to these inner text messages from my future.

Also, as I cast around inside myself to see what I really want to do in my life, dharma-related work keeps coming to mind unannounced, over and over. Is that a message? It seems to be and little else comes to mind from in there or out there, other than that. The dharma seems to be the only constant with me of late.

If there is a “black hole” in this world (in the good sense), then it’s the dharma, a pure singularity and ultimate attractor. It pulls like nothing else. Perhaps the term should be “wormhole,” which is a black hole that opens into another dimension. Certainly the dharma is recursive and exponential. It took me forever to get into it, or so it seemed, but I can now see I am not about to fall out of it.

And I see my role not as a teacher, certainly not a dharma teacher. But you will find me sitting at the entrance to the dharma, because that is as far as I have gotten. I am into it. And probably the only thing I can do and be good for is to perhaps make it easier for others to get into it. It sure took me long enough, so at least I know all the doubts and problems.

There is nothing in this world that converges on truth like the dharma, and it is not a knowledge base or something to be erudite about, but rather a path or method to live and practice, and one that (how amazing!) actually works.

When I was young, there were so many paths, so many roads that I tried, most of which went nowhere for me. And back then, the dharma was just another possible path, one like all the others. What was behind this or that door? I had no idea.

But what I did find is that standing in the doorway of the dharma was Khenpo Rinpoche, my teacher for the last thirty years. He opened that door for me and saw to it that I found my way into it. What a blessing is that! One beyond words.

So, as I cast around as to what use I can possibly be in this world as I get older, what comes to

mind is that perhaps I could hang out somewhere near the entrance to the dharma, near that door, and be some kind of welcoming committee myself. Perhaps I can sweep out the pathway to the door because I am anything but advanced. I am advanced in "beginning." That's about it, but that is where most of us are anyway.

Yet I hate to be just labeled a "dharma nut," but I don't have much choice, do I? The dharma for me is the only thing that has ever worked, a method that lives up to its promises. I am glad something in this world works for me. Otherwise, how disappointing and treacherous!

In my world, I am surrounded by people, people with stories, folks struggling every which way but loose, and using every method in the books to free themselves from themselves. Then there is the vast world of therapies, with their endless counseling, analyzing the past, qualifying and building up self-confidence, psychological helps, psychoanalysis, and you name it. We try it.

I am not putting these things down, but I am noticing that for the most part these are, at best, only temporary solutions. The problems seem to return. There is no free lunch or auto-pilot. We have to clean up our own mess.

What I am saying is that the dharma is not concerned with our past errors or our future wants, or even our present problems, none of that. It is a very simple method of clarifying the mind that takes some learning, but when it takes hold, the dharma automatically clarifies the past, present, and future simultaneously. Why? Because once we are aware of the nature of how the mind works and what we are doing, we can see what to do and then do it properly.

I know this must sound rant-ish and possibly evangelical. I don't mean it that way. In what I see as hard times for many people I know, the dharma stands out like a pole star. As the Buddhists say, the light of even a single match can end the darkness of eons.