

The Underlying Principles of Samyama Healing

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- A human being is paradoxical. We are conditioned and enculturated by the collective consciousness, our family and ancestral lineage.
- We are imperfect, impermanent and incomplete, and, paradoxically, we are also pure awareness, consciousness, spaciousness, Buddha Nature, perfect and eternal.
- Pure Awareness, Consciousness, Silence, Spaciousness, Buddha Nature—however we choose to name it—is always present, eternal, unmoving, and unchanging, no matter what our human condition is in any given moment. We are never separate from what we essentially are.
- We are already awake. We have only to realize it, recognize it, directly experience it.
- Everything in form arises in this pure awareness and is an expression, a manifestation of this pure awareness. *Nothing* is separate from this awareness.
- Pure awareness includes *everything*, rejects *nothing*—including us, our bodies, thoughts, feelings, desires, sounds, war, hatred, dreams, evil, chocolate, what we like and don't like, etc.
- Consciousness presents itself as awareness and attention.
- We can learn the skills to access ever-present spaciousness, and rest as awareness in any moment, no matter what is happening in us or in our lives.
- To be present is to pay attention to, directly experience, what is here in the moment, now, as it is, without thoughts.
- Thoughts are insubstantial, fickle, and conflicting. They come and they go. They are not the truth, though they may appear true, and can point to ultimate Truth.
- The thinking mind functions as wanting to know, understand, make meaning, judge, and do.
- We are not to blame for the thoughts that arise in us. They are simply points of view, stories, that come and go. Thoughts are ancestral, collective, familial, deeply enculturated and conditioned.
- Where we place our attention makes the difference that makes the difference between being in hell or being at peace.
- The body does not lie. It is a wonderfully, reliable truth teller.
- We have been deeply conditioned to value, believe, and identify with our thoughts, stories, beliefs, and points of view.
- Suffering occurs in the mind and results from wanting things to be different than they are.
- Pain occurs in the emotional pain body and the physical body.
- Resistance creates persistence.
- There is nothing to get rid of, nowhere for it to go anyway.
- There is nothing to fix, no one to fix.
- Our human heart, with *whatever* we are experiencing there, is a portal to awareness, a gateway to realizing awakeness.
- Where the heart chakra lies in the breast bone area is the portal to the alchemical heart, where lower vibrational energies and feelings can transmute to higher vibrations. For example, anger can alchemize to peace, grief to love, rage to stillness. This is what happens in Samyama Meditation and Healing.

- Samyama, the alchemy of the heart, can dissolve our identification with old wounds, pain, and the thoughts that cause suffering. It brings us into a different relationship with the pains and pleasures of our fragile, human condition and all that that is and is not.
- Focused attention is the key to presence, direct experience, and alchemy of the heart.
- Love and fear are the bottom line emotions as well as paradigms of world view and experience.
- Opening to directly experience what is, as it is, whatever it is, can bring peace in any moment.
- We may feel pain, yet we do not suffer if we feel the pain directly.
- It is okay to feel pain, to be uncomfortable. We can become friends with our pain and welcome it.
- We have what we need to be peaceful, whether we are aware of it or not.
- We have to witness and be willing to release any ideas we know what is supposed to happen, what healing looks like, what the outcome of anything is to be.
- Process happening in the present moment is where healing and everything else happens.
- The quantum moment is now. The quantumly unimaginable is possible.
- There is only Now. Past and future do not exist.
- When we shut down, avoid, struggle with, or resist feeling what is here to feel, we suffer.
- When we want anything to be different than it is, we suffer.
- When we attach to objects like substances, suffering, people, relationships, ideas, beliefs, stories, our own negative or positive I-identities, we suffer.
- The ego, “I”, only wants to survive, thrive and be safe at any price—and the ego is an illusion.
- The ego is only a collection of thoughts. I-identities are created with thoughts and attachment.
- Ego is the creator of the idea and experience of separation, when in reality, there is no separate “I”, no separate anything.
- We are not who or what we think we are!
- We are not in control of what we think we control!
- We know nothing. We stay present and revelations happen. Guidance comes at the right moment, which may not be when our egoic minds think it is.
- We do nothing, take no action, until it becomes obvious. We do without doing and everything gets done.
- We are in service to Love.
- Awareness of the inner Sacred Witness allows us to be more present to what is happening, to watch our mindstreams, and to meet the moment, open to what is as it is.
- We allow things to be what they are. We do not interfere.
- There are no problems, only happenings, arisings. Our thinking creates happening into apparent problems.
- When we are present, in the moment, whatever that moment is, we can experience the sweet nectar of the Mystery as it comes through the simple, the ordinary, the horrible, and the beautiful. Grace is ever-present.
- Miracles happen.