

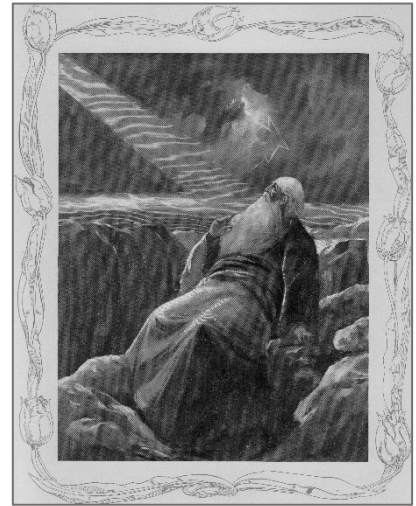
Becoming Open Beyond the Mind

by Mike Gegenheimer

~ Excerpted from guidelines provided to participants in weekly online rapport sittings

We have been engaging in experiments to encourage a sense of rapport, and with techniques of feeling for others' minds—not focused on others or self, but on the place between—as an effort at getting the mind to a point of between-ness. And such efforts are not intended to focus on a concept of “between.” In short, all the techniques we have tried are to help bring the meditative mind to a condition of open-ness and between-ness. And in so doing, become open beyond the mind.

The mind's nature automatically creates separateness. As the Faith Mind Sutra says, upon the slightest distinction, Source “appears as heaven and Earth,” as “you and me,” “here and there”...the so-called “ten thousand things,” and the sense of time and space.



What IS, is singular, undifferentiated, Source of All—your Source—always present in each of you in the only moment that exists, Now. Yet the mind is made to transform what IS into all we experience, including a sense of space and time and senses and mental experience. In an effort to explain this to the human mind, some who have realized Source speak of a trinity of father, son, and spirit; or the Atman, Brahman, and rays of creation. These concepts belie the fact that what is being referred to is Singular, Absolute, Source.

When we sit in rapport or engage in meditative self-inquiry, we are the living embodiment of the “bowman, the arrow, and the victim.” Becoming open in a state of between-ness can arise from different efforts along these lines. In rapport, in a condition of between-ness, a condition of the mind may open the door to realization of Source or the Absolute.

When the mind is in a state of between-ness, open, indifferent to outcome, having neither desire nor fear, but an intent to *become* Truth—however terrible or great that may seem, yea, even loving Truth for its own sake—IT may be revealed.¹

The mind of the seeker clings to the past, to fears, to the desires of life, to the mind. By chance, efforts at rapport, at seeking a point of between-ness—whether in a group or alone—may provide opportunities for leaps and shocks for the seeker and abridge years of work.

It is seemingly miraculous when we glance downward at a puddle and by looking down see a vast sky reflected above. It is seemingly miraculous that a seeker—a tiny speck of life floating in what appears as a vast, cold universe—may seek what is felt and sensed within and realize the Absolute.

¹ Bart Marshall's essay on “Ultimate Between-ness” is helpful in articulating the balance of attitude and intent.