

Class 10 10/31/06

## **The Four Dimensions of Heart Zen (continued)**

*By Zen Master Wu Jue Miao Tian*

### **The third dimension - the dimension of the spirit**

The dimension of spirit is about our subconsciousness. It is a warehouse storing all the experiences and mental imprints of our past and present lives. In Buddhism, the so-called "soul" is our subconsciousness. This subconsciousness can easily be discovered while we're asleep. Though we cannot sense their existence, our subconsciousness does govern our thoughts and actions as well as affect our success or failure. The power of subconsciousness is much stronger than the power of consciousness.

### **Subconsciousness determines our fortune**

Many of us often think we are not lucky. It is because our subconsciousness are not pure, or as Buddhist would explain as "cause and effect" or "karmic influence".

What is karma? Karma is the accumulation of generations of consciousness we took with us when we die. When we die, we often have concerns we took with us. This is the karma. This will hinder our next life. This is called karmic hindrance. It is the cause for reincarnation and the "cause" in "cause and effect" according to Buddhism.

The karmic reincarnation cannot be replaced or eliminated by ourselves. We need outside help. Much like we owed money without the ability to pay it back. We need to borrow from

friends to take care of the debt. When we inherited generations of karma, the only way to get rid of it is to meditate and find an enlightened master who can liberate us from our karma, purify the third dimension of the spirit, or zero out our subconsciousness.

Simply stated, through meditation, we can zero out our consciousness, then we can zero out our subconsciousness. Then we can synchronize with our Inner Self, and let true wisdom replace our consciousness and subconsciousness.

### **True story**

Once Mrs. Chen consulted a fortuneteller about her marriage. The fortuneteller told her that she'll be sick if she ever get married. After a few years, she forgot about this warning completely. She married her boy friend. One month after she got married she became seriously ill. Suddenly she remembered the words of the fortuneteller and became very worried.

After her recovery Mrs. Chen began to doubt the validity of her marriage and seeded this worry deep in her consciousness. Soon anxiety attacked her.

Her illness is actually caused by herself. After she picked up meditation, she quickly recovered.

In this fast-paced society, many people have mental problems. Whenever you face difficult situations you must think it through with a clear mind. Never let anything cloud your pure heart.

### **The Fourth Dimension: The dimension of superconsciousness or prajna**

The fourth Dimension of Superconsciousness, or Inner Divinity, is a part of the prajna dimension. When you reach this level, you and the universe are one. You are then truly liberated. Many people assumed that Zen meditation is just sitting there doing nothing. Sometimes, people even question why don't they have any feeling after a long while of meditating. The truth is because they have not reached prajna wisdom and therefore cannot interact with the universe. They stayed where they were and never progressed.

### **This dimension of inner divinity is filled with light and electricity**

Most of the people only recognize the "flesh me". They don't realize that there is also an "Inner Self". The purpose of Sitting Zen is to combine the "flesh me" and the "Inner Self" into one. The process begins from the outside to the inside, from the first dimension of physical body to the second dimension of consciousness, then to the third dimension of subconsciousness, then to reach this "inner self". After we eliminate the attachment to the "flesh me" and surpass our consciousness and subconsciousness, then we can reach the Forth Dimension - The Dimension of Superconsciousness or Inner Self.

Before this stage, we need to begin to develop our natural Qi (Chi, energy) to innate Qi. Then transform it to Spiritual Qi and Spiritual Light. The final stage of Sitting Zen is in the world of pure energy – the world of light. To reach this world, we need to surpass our biological body first. If we can maintain our body

motionless for 15 minutes, we mastered the ability to control our biological self. Then we work on our mind to be in sync to our motionless body -- eliminating all thoughts.

It's not easy to have no thought. A better way to accomplish this is through simplification. Turn your complex thoughts into simple thoughts. Then, zero out the simple ones. This state is called "without intent" or complete "detachment".

We live in a world of shape and form. If we can completely detach ourselves, and zero out our senses of our body and mind, we may feel that our body appear to be weightless. Because of our enhanced visual frequencies, we may "see" phenomena which our "naked eyes" usually cannot see. We may even be capable of prediction (intuition). This is beyond the beginning level. This is already some accomplishment.

Sitting Zen begins by surpassing the First Dimension - the biological dimension. Begins by learning breathing correctly -- change chest breathing into belly breathing. Then, practice to focus on the mind. If we can focus, not only we can easily enter deep meditation, we can also perform daily chores more efficiently.

This book of "Introduction of Sitting Zen" utilizes simple words and illustrations to guide the reader a step at a time, from overcoming the first dimension of physical body, to elevate one's body, mind and spirits. Such that the reader can enter into the realm of superconsciousness in sync with one's inner divinity, and discover one's true origin beyond time and space.