

## MOMMA CHICKEN ON THE EGG

3 Jewels Talk  
2014-02-11

### Cranking Up Your Coffee Meditation.

*Yoga Sutra IV.24 Tad asankhyeya vasanabhish chitram api  
Para-ar�ham sanhatya karitvat*

Countless seeds within our minds  
make us see  
the great variety of things around us.  
The way it works  
is that they organize  
other parts in a certain way.

What is it that causes you to organize the clicks and wheezes into words that have meaning? Some kind of karmic seed. Your mind makes you see all those things by organizing parts in a certain way. If you wanted to be happy or enlightened, you could change the seeds in your mind to see things as divine.

Right now we tend to glue things together in our minds in different ways, not under our control. This is a different way to slide into heaven, by creating it. So this document is a ticket to heaven—don't leave it on the floor: it's more valuable than your Metrocard.

That is,

[Abhidharmakosha] *All the many planets of the universe were born of karma.*

All the different realms that there are are coming from your mind. For example a cat reality and a human reality are completely different, and there are countless parallel universes in every mind at any given time, created by the seeds of the being who perceives them. Could you get the seeds that you want?

Several years ago I lived in a riad in Morocco for several months and my hosts had planted the garden with vegetables that would produce throughout the time

I was there, without going outside. The idea here is the same—is it possible to select seeds of what you want to produce in your world?

So since it's a small group, I thought we could actually do some planting.

### **Apparent causes vs. real causes**

Gyutun kyi drebu vs. nammin kyi drebu

Gyutun = the things you think are the cause, like going to a yoga class because you might meet like-minded people there. But in actual practice, things don't work that way.

Nammin kyi drebu = the result of karma. If you plant that cause it doesn't matter where you go, you will get the result.

What is the problem with the abhidharma system? They say it's better to try a karmic cause to get what you want—but actually you also had the karma to be there in the first place. But it helps you to think about it if you do it that way.

### **Making New Seeds**

Master Vasubandhu wrote the Abhidharma Kosha because he had criticized his brother and the Mahayana. He asked Master Asanga for a shakpa and he told him to write a compendium of the things he used to believe as an act of penance for criticizing his brother. In it he gave four steps to creating a strong seed:

The four Starbucks steps:

1. Decide what you want. Choose one thing, and you can focus on it as an experiment.
2. In this system you must make a plan for how you are going to supply something similar to someone else. Who, where and when are you going to help someone else who wants the same thing? Example you want to meet a partner: you find a lonely person and help them. Say every other week for half an hour on a Friday. (Don't make a plan that you can't do.)
3. Do it. (You do get karma if you make a plan but don't do it, but it's not as good.)
4. Think about it, especially during the time before you fall asleep.

How does #4 work?

—Meditation on the four steps—

GMR: would like to see more harmony among the people around him. So he thought of someone he knows who is having problems with harmony and he could take them out to give them some suggestions. And then being happy that he came up with or is already using a new way to do that.

So in a group you might talk about the old way you would try to get the thing you want, and then try to come up with a way to use the four steps to get it.

**Superchargers:**

People:

If you choose to help someone who has helped you—parents, teachers, etc.

If it's an emergency and you're the only person who can help.

If it's someone who has helped a lot of people.

Strong motivation.

Familiarize yourself with their problem (don't just assume what they want or because it's something you like yourself).

Do it with a strong feeling of love, care, and joy (don't be looking at the clock and wondering when it will be over—put all the effort into that it that you would to get your own partner).

Intention, then and now:

Kunlong=intention or motivation. *Gyu du gi kunlong* = at the time of the cause=the motivation you have before you do something. *De du gi kunlong* = while you're doing it and afterwards, do you maintain your intentions about a goodness you are doing and that you have finished. What does it mean to maintain your intention after the person has gone home?

You collect karmic seeds at 64 per fingersnap and they collect in the heart chakra. According to Buddhism you have been alive for countless lifetimes and have done everything to everyone, have been president countless times, etc. There's been time for every situation to repeat itself, countless times. What if you could isolate the good karmas and increase them? You can shut down the other seeds so they will never ripen, using the four powers, and then incubate the good ones.

Link 2. Duche (potter) and link 10. sipa (pregnant woman).

The potter represents the dormant sanskaras in your mind that you haven't ripened yet. The pregnant woman represents the woman about to have a baby, and we want to take the seeds from link 2 to link 10.

Momma Prana on the Seed: *lung sem jukpa chikpa*. Your thoughts and prana ride in tandem. If you move the prana you will pull the thoughts with it. If you are a teacher, try to get your students to do yoga or music that day so their minds and hearts will be open. Sometimes the thoughts can also drag the prana. So if you think about your seeds, the prana will go there, and start to work on them. Imagine if you could drag prana to the *anahatha* chakra and help the seeds to open.

Q: Now you're focusing on incubating, but how does that tie into creating new seeds?

A: You need the motivation you have with a new seed and the sustaining of that motivation lifetimes later. How do you know how to pick the right seed? You deduce from your present circumstances. If you are here today, you are one in 10 million people, like Jesus a thousand times on another planet. You can sit on those seeds that you don't even know about. You can even sit on an egg that already opened—*deduk gi kunlong*. If you sit on it, you recreate the egg. If you can't remember anything to be happy about, be happy that you had something yesterday to be happy about and that creates a new seed.

Q: Tummo?

A: The conscious movement of prana in your inner body caused by secret methods would be enough to burn off old bad seeds, because you're consciously working with the horse and the rider.

Q: Do you tell the person that we are helping that we are doing it?

A: Suppose you have a problem with anger you need to look for an angry person to talk with, and of course you wouldn't tell them that. You say to them, "I have a problem with anger and I thought you might help me." Or if you have financial difficulties then you need to take out a person who has financial problems and give them advice—but I'm not in a position to do that. The only way to help them is to have the intention and motivation to help them.

Q: It doesn't matter if the other person succeeds or not, but if you really want them to succeed, regardless of whether or not you do, is there a karma for that?

A: This is DCI level 2—how to have passion in your life or relationship, etc. (restates question) The third way that karma opens is in the environment. So if

you are running into a lot of people who aren't successful, it's coming from your own seeds for not being successful. So crank up those seeds and the people around you will succeed.

How they do it from nirvana:

This is another old abhidharma teaching: to redirect a karma to a different result, which arhats are able to do. The classical example is if someone in the monastery doesn't have the things they need, they can transform lifetime into stuff. So the arhats can give up their own lifetime to create the things that other people need. If you become skilled at coffee meditation you can redirect the good deeds you have done to meeting a partner. The more capacity you have to take joy in yourself, the greater your power to shift karmic results to other goals.

All over the world, they tell people that the best practice is to rejoice as you're falling asleep. If a practice is powerful and correct, it should be easy to do.