

March 2012

I would like to share something that I am working on in my own training. I can see I have to be very careful not to go with "soap opera". I find this can really pull me out of my meditation and training. I find it like a kind of heroin in daily life. We think it moves us away from our suffering but it really just covers it up.

Folks ask me what really is "soap opera". The first thing that comes up is that we get into a "so-and-so is this, so-and-so is that" kind of attitude. What I see in myself is that I get very judgmental and critical. I start to see folks as better or worse, instead of seeing all as within the Eternal, Unborn, or True Nature.

I also looked at a more formal meaning. It said, "soap opera is filled with experiences characterized by melodrama, sentimentality and a great deal of emotionalism." This definition has really helped me. Now when I see melodrama, sentimentality or emotionalism arising in myself, instead of going with them, I can use them as a reminder - a reminder to go back to my meditation and training. I know that if I go with the "soap opera" I am not only covering up my own suffering, I am actually making more. In fact this suffering longs for conversion and for the Love of the Eternal, and our daily meditation and training allows the Great Meeting, of the suffering and the Love of the Eternal, to happen.

For me it has been great to see this, especially in this political season, and while watching the news. I can now catch myself and say to myself, "I am not going there".

I still strongly advise all to do daily meditation and 24/7 training. This will help greatly with the "soap opera", and bring us back to the stillness and Love of the Eternal True Nature that is always there.

Take care,

With all my Heart

Rev Basil