



Nancy, 01/30/2021

Beyond

Hi everyone, this is Nancy. Today is Jan. 30th. How are you doing? Today, let's continue to explore non-self and being unconditional. Beyond was chosen to be the title, which means to say that you are beyond what you know of yourself.

There was a period of time when I spent lots of time filming the clouds in the sky. I would record the clouds for hours and then compress the video to maybe 1/30 or 1/60. Then I would watch the videos one time after another and observe how the clouds formed and dissipated. To our naked eyes, the clouds came from the nowhere and went to nowhere, but you know they were just aggregation and dissipation of water vapor. There wasn't a separate self in the clouds. They formed according to conditions, and then they disappeared according to conditions. If they meet a cold front, they would transform into rain. Clouds are one manifestation and rain would be another. Clouds were not born and would not die either, so are we.

Sudatta was the Buddha's lay disciple who offered the Buddha and his sangha Jetavana Vihara. When Sudatta was very sick and near his death, the Buddha came and talked to him. The Buddha said,

"Sudatta, don't be afraid. You have dedicated all your life to others. You will not feel pain. Think about what I have told you. You will awaken your courage to face death. Now close your eyes and contemplate:

"My eyes are not me; my ears are not me; my nose is not me; my tongue is not me; my body is not me; my mind is not me; what I see is not me; what I hear is not me; what I smell is not me; what I taste, what I touch, and what I think are not me; I am not the forms; I am not the sounds; I am not the smells; I am not the tastes; I am not the tactile objects; and I am not the consciousnesses. I don't belong to the earth and I am not the sky; I am not the wind, I am not the rain; and I don't live in my heart either. I am not bound to anything, and birth and death could not reach me. I smile because I was never born and would not die. Birth did not make me exist; and death will not make me disappear. My existence does not rely on birth, and I will not be fettered by death either."

Hearing these words, Sudatta cried. These words were sweet dew sprinkling over his heart. He completely understood the Buddha's words. These words untied his fear of death.

Amitabha! This would be our today's Dharma talk. We are not the six sense organs; we are not the six sense objects; we are not the six sense consciousnesses. We are beyond these. We existed before the birth, and we will exist after death. Thank you everyone for being here watching this video. I will see you next time. Bye.