

The Emptiness Of Time



The Emptiness Of Time! Kill All Emotional Pain Immediately!

First Method using Conventional Reality:

First Important Point: There must be inquiry into the the conventional nature of time and emotional pain. We discover most emotional pain happens because we are either thinking about the past or the future.

Ten (10) truth aphorisms concerning conventional time and emotional pain follow:

1, Emotional pain arises in the Present because of something that happens conventionally now.

2, Otherwise, emotional pain arises in the present by thinking of the past.

3, Or otherwise, emotional pain arises in the present by thinking about the future.

4, There is no other way for Emotional pain to arise conventionally.

5, Emotional pain can not arise in the future. In fact, we are never actually in the future as a place in time. It is always now! The present!

6, Emotional pain can not arise in the past. In fact, we are never actually in the past as a place in time. It is always now! The present!

7, Almost all emotional pain (99.999999999999%) happens when we think about either past or future events.

8, This is because if something does happen in the present to cause emotional pain, a fraction of a second later, it's the past.

9, And when the future arrives, it becomes the present and then moves to the past in a fraction of a second..

10, No emotional pain is possible when we control our mind by concentrating only on the conventional here and now: that is, the present – neither thinking about the past or the future – not even very slightly!

All of this is covered in the book, *The Power of Now* by Eckart Tolle 1997. But by inquiry, or Vichara (Sanskrit), we must determine these facts to be a true for ourselves. We must experiment in the laboratory of our own life and by doing so, understand by personal observation this important aspect: that is, how our emotions react with regard to time.

The most important TRUTH is the tenth (10th) aphorism: that is, **“No emotional pain is possible when we control our mind by concentrating only on the conventional here and now: that is, the present – neither thinking about the past or the future – not**

even very slightly!”

Are we angry, jealous, greedy, fearful depressed, guilty, etc? Then we are either thinking about the past or the future. Bring our mind to the here and now! The present lasts only for a fraction of a second. A fraction of a second later and it's no longer the present, it's the past.

This can of course be done in meditation very easily. Doing it at work or at some interaction with others is another story. But with practice even this becomes possible.

From actually doing it, we easily verify the mind can be controlled by this simple conventional method alone. But when we are suffering emotionally, it's because our minds react automatically and with great force. That is, the mind gets stuck and it's hard to pry it loose. Therefore more information is helpful.

Second Method for Killing Emotional Pain using Ultimate Reality – An Inferential Realization of the Emptiness Of Time:

According to *Fundamental Principles of the Middle Way (Mulamadhyamakakarika – Sanskrit)* by Nagarjuna, Chapter 19, *The Nature Of time – time is not real!* Based upon what is called Ontology, which is very similar to emptiness, Aristotle, Plato, and others say the same thing. The Present exists but is it real? And if it exists, how does it exist?

Using the following logic, we shall prove that the present doesn't not really exist – not even for a fraction of a second. It's actually a conceptually fabricated construction of our own mind – nothing real

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– like a delusion – like a dream..

First Meditation on the Emptiness of Time using simple logic. The present can NOT exist ultimately for the following reason: First, there is either all the time that has passed in the universe. Or secondly, there is all the time yet to come. This provides no place for the present to actually exist.

And since the present doesn't really exist, there is absolutely no way for emotional pain – that only arises in the present – to arise there.

Despite this logic, our gross material mind has doubts. However, in meditation, subtler minds come into play which are more intelligent. Here there can be a deep understanding, and time is seen for what it really is – something like an illusion!

Deep in meditation, this logic is accepted and understood. And when this happens, the mind falls into a blissful, space like vacuity, which is an inferential realization of Emptiness, Ontology, or Brahman but nevertheless it will kill all emotional pain immediately.

Second Meditation On The Emptiness of Time: Conventional logic tells us, the present depends on the past. And the past depends on the future. But in Reality, for one thing to depend on another, they must both exist at the same time.

Past, present, and future do not exist at the same times, so they can't logically depend on each other. Likewise emotional pain can NOT depend on events in time that are illogically dependent of each other. This

is simple logic and reason.

Third Meditation on Emptiness of Time: In the Sutra of the Mother, the Buddha said, “The present is imperceptible. The past is imperceptible. And the future is imperceptible. Therefore, they are equality...”

Equality or sameness in a conventional sense is dull and boring. But once this pure equality or sameness of past, present and future is realized, the mind melts into a blissful, space like, vacuity which is an inferential realization of Emptiness, Ontology, or Brahman that will kill all emotional pain immediately.

Ultimate Reality is Emptiness or Brahman which never changes. Everything is Emptiness or Brahman. Therefore, we can say, we are Emptiness or Brahman which never changes. This means, we can NEVER be jealous, angry, fearful, depressed, guilty, etc. It's only the false ego or self that seemingly changes to makes us angry, sad, happy, etc.

Those who have had even an inferential realization, tell us its a blissfully happy experience in the sameness of past, present, and future.

Direct Experience of Emptiness
An inferential realization will kill all emotional pain every time. But even better is to have a Direct Experience.

While we are dreaming, we believe the dream is real. In the same way our normal waking state is really like a dream. We think it's real until we wake up. A direct experience of Emptiness or Brahman occurs when we have the realization without first using the

inferential logic and reason to inspire us.

Someone asked the Buddha, “Are you God?”

The Buddha said, “No!”

“Then are you a saint?”

Again the Buddha said, “No.”

“Then who are you?”

“I am awake,” said the Buddha.

Between 1715 and 1789 – The Age Of Enlightenment – there was an attempt by Kant and others to introduce Ontology into mainstream French thought. This attempt basically failed. Because without meditation, it's not easy to contradict the false logic of the self or ego: that is, to have logic to rule over the false testimony of our senses.

Ontological, Emptiness, or Brahman must be realized – either inferentially which takes only a few hours in mediation. Or it must be realized directly which takes longer – years maybe? Lifetimes maybe?

Both Nagarjuna, the founder of the Mahayana Buddhist tradition, and Aristotle, the Greek Philosopher, use what is called a Tetralemma in logic to prove the world, as we know it, is not actually real.

Aristotle's physics (500 BC) or Ontology was taught in European universities until Sir Isaac Newton developed his twelve laws of motion about 400 years ago. .

The Buddhist and Hindu Yogis today prove the efficacy of Ontology by becoming siddhas: that is, they gain the ability to preform miracles. This is a side affect. The main goal is total freedom from suffering which many have achieved since earliest times. .