

ANXIETY

- 77.** Samsara is a state of anxiety. In samsara subject and object are separated, and we find ourselves strongly identified with the subject. The subject needs something from the object and yet it is fearful of the object. Desire and aversion, love and hate arise as sequential twins. As the Buddha said, friends become enemies and enemies become friends. Subject and object, self and other are co-emergent and mutually influencing. Neither is a self-existing entity. They emerge as patterns in the flow. The instability and unreliability of subject and object leads to anxiety and this is increased when if we wish them to be other than that instability and unreliability. When we accept their dynamic unfolding, the door opens to seeing that they are, in fact, the energy of the open ground of being.
- 78.** In the course of our lives, many doors have appeared in front of each of us offering new opportunities and new possibilities. Yet because of doubts, confusion and feelings of anxiety, we didn't go through these doors. It's helpful to reflect on this and see the power that our identification with limiting thoughts has to determine the patterning of our identity. An impermanent thought, in claiming to define a situation as finite and permanent, obscures the sole permanent situation, the unchanging openness of our awareness.

Excerpts from Transcripts