I am what I do

I have been counting my blessings. Every night, before going to sleep. I have been doing it for a while now, quite a long period of time. Why is it that people cannot follow this recipe, and simply relax? Maybe I will be explaining that somewhere else.

So what is it that I am? I am what I do. I am not what I perform. I am not what I undertake. I am what I do. And from that perspective, purity of thought is essential to a right type of action.

This is, in fact, the right type of intention. As the Buddha says in the Dhammapada, him who acts impurely suffering follows him as the cartwheel follows the leg of an ox.

There's more to being pure in thought, and that includes the feeling of resentment. This is very important, and I'm drawing attention to D.T. Suzuki's passage below.

Through the awakening of love we get a glimpse into the infinity of things, and that this glimpse urges youth to Romanticism or to Rationalism according to his temperament and environment and education.

When the ego-shell is broken and the "other" is taken into its own body, we can say that the ego has denied itself or that the ego has taken its first steps towards the infinite. Religiously, here ensues an intense struggle between the finite and the infinite, between the intellect and a higher power, or more plainly, between the flesh and the spirit. This is the problem of problems that has driven many a youth into the hands of Satan.[i]

A metal measuring tool is pressed against your naked breast; “do you feel that?” it is asked. I do. Of course I am feeling it, I’m a human, not some sort of an abnormal creature. So, because of the “hole in my chest,” am I going to exercise resentment against the very people that brought me up? Am I going straight to Satan, to the Grand Lodge Below?

Furthermore, suppose I wasn’t really me, but I was a perfect lookalike of myself. Suppose further every single atom on my body was identical to every single atom on the body of the real me. Would I be able to say that this person, the perfect lookalike, is in fact me? Obviously not.

Yet Satan cannot do these things at his own liking. A rigorous “ritual” must be deployed. To put it briefly, sexual immorality on my part is required in order for me to get replaced by a doppelganger. And sex is a powerful tool, for it evokes a weird type of fascination.

Yet, I am what I do. And I cannot stress that enough… And that’s not a matter of Database Insertion, like the Australian 1 trillion pseudo-debt…

These are all values which are universal, they apply to all human beings that are walking on this planet, and perhaps they apply to creatures from outer space, too.

Purity of thought, right type of action, right type of view about one’s origin, and sexual morality in all things such that we don’t get “replaced.” These things will result in merit, no doubt.

But yes, I’m settling for purity of thought…

Valentin Bura, Wellington

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[i] D.T. Suzuki, Selected writings, Edited by William Barrett, Three Leaves Press, New York, p. 8.