

New Western Cuisine.



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Who Are We?

And From Where Do We Come?

Photo by Ian Wong

We are everyone and at the same time the accumulation of all that we have ever been even before recorded time in this dimension. If guided by our hearts and celebrating our connection with the Energy of the Universe, we can accomplish wonders on behalf of others, especially those less fortunate. If guided by greed, hatred, selfishness and a lack of respect for life itself, we are capable of the worst forms of crimes against humanity.

As for our origin, our "True Being" or as some would say our "Original Self" is a piece of the Energy of the Universe, which can neither be created nor destroyed; for our Energy and the greater Energy of the Universe is Eternal. Our bodies are but temporary custodians of that which we have been taught to call "I" or "Me".

From conception our human form is One with our unique Energy: Yet with every day that passes, we come closer to the time when the body will fall away and our unique Energy will be freed to join its next host in its next Earth life, so long as our karma is sufficiently good. This repeated process is perhaps best known as "Samsara", literally the "continuous flow" or cycle of birth, life, death and rebirth. And if deserved, we may even next find ourselves in a god realm or other place of higher spiritual awakening; or more likely, another human form. Of course, if we have accumulated bad karma in our most recent life, the next life may be by comparison our grim reward, returning as an animal or worse, even finding oneself in a different dimension, characterized by constant suffering and harsh servitude without compassion: Christians know this place as "hell".

Although the fortunate few awaken to their past lives early on in their present reincarnation, most of us often spend the greater part of our lives reconnecting with our True Selves and once more rededicating ourselves to serving others, especially those less fortunate. In my own case, I awakened to my past lives on 12 August 1995 at 49 years of age when Khenpo Karthar Rinpoche, Abbot of the "KTD" or "Karma Triyana Dharmachakra" monastery at Woodstock, New York performed "Refuge", the ceremony at which you become a practicing Buddhist and receive your "Dharma" or "Second name"; mine being given as "Karma Jampal Samten", "Lord of Wisdom Meditation". For once you are aware of whom you have been, the path forward becomes very clear. But the concept of "past, present and future" is only considered relevant to the time keepers of this dimension: The Energy of the Universe only sees your Original Self and your journey from start to finish.

It is only our clinging and attachment to what we perceive as "ours" that keeps us from moving closer to Enlightenment. Once we see Samsara for what it is we no longer have use for "what is ours"; we simply exist to serve those in need. And no matter how insignificant or overwhelming is the other's burden, we welcome it; that we may ease their suffering and bring happiness where there was sadness: For it is the work of the Energy of the Universe and there is no Higher Calling than to carry-on the eternal mission of the origin of our True Selves.

Know your past and you know your purpose; know your purpose and time is no longer of importance, for you understand that your death is simply the beginning of your new identity, yet still of the same stuff and still with the same purpose. You are at last aware that we are all "space travelers" connecting and reconnecting to our work on behalf of our origin. Know your life's purpose and be free of all distractions. Be free of all distractions and know eternal peace, not for your own benefit, but for the benefit of All Sentient Beings (all living things)... and know Eternal Peace. I am **Red Owl**, over & out.