

Music on poems by Baudelaire

La vie antérieure

...

*Het is daar, het is daar dat ik geleefd heb
in kalme wellust*

*Tussen de blauwe hemel, de golven en de schittering,
en naakte slaven, doordrenkt met geuren,
die mijn voorhoofd koelte toewuifden met hun palmbalderen
en als enige taak hadden het verdiepen
van het smartelijke geheim waarin ik wegkwijnde.*

L'Invitation au voyage

...

*Là il n'y a q'ordre et beauté,
luxe, calme et volupté.*

We will hear two songs of H. Duparc on these poems.

After that M. de Falla: Nights in the Gardens of Spain

Mental Purification

The human condition

Happiness — Suffering

Depend on

- our situation ← science
- our consciousness ← spirituality

Science

Concerned with **phenomena** around us

Insight ← concentration ← discipline

Explaining many phenomena from a few

Insight allows us to make predictions

Predictions allow us to **control** our situation → technology

Control is *limited*

financial, political, ethical, ecological, scientific

something may be

expensive, illegal, amoral, polluting or impossible

Spirituality

Concerned with phenomena inside us

Towards increase of happiness, peace of mind

● belief/faith	the Absolute: morality; purpose
● revelation/experience	contact with the Absolute
● purification	do not ask for the Creator do not ask for mystical experience (St. John of the Cross)
path of purification	insight ← concentration ← discipline
fruits of purification	compassion & shared joy morality not as duty, but as virtue access to <i>Nibbana</i>

Purification

Again based on

Insight ← concentration ← discipline

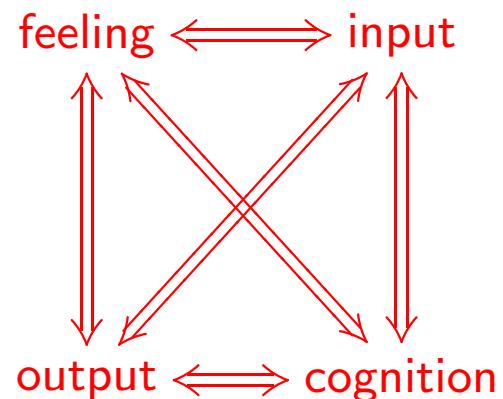
Insight allows us to increase **happiness, peace of mind and freedom**

The groups of mind/body phenomena

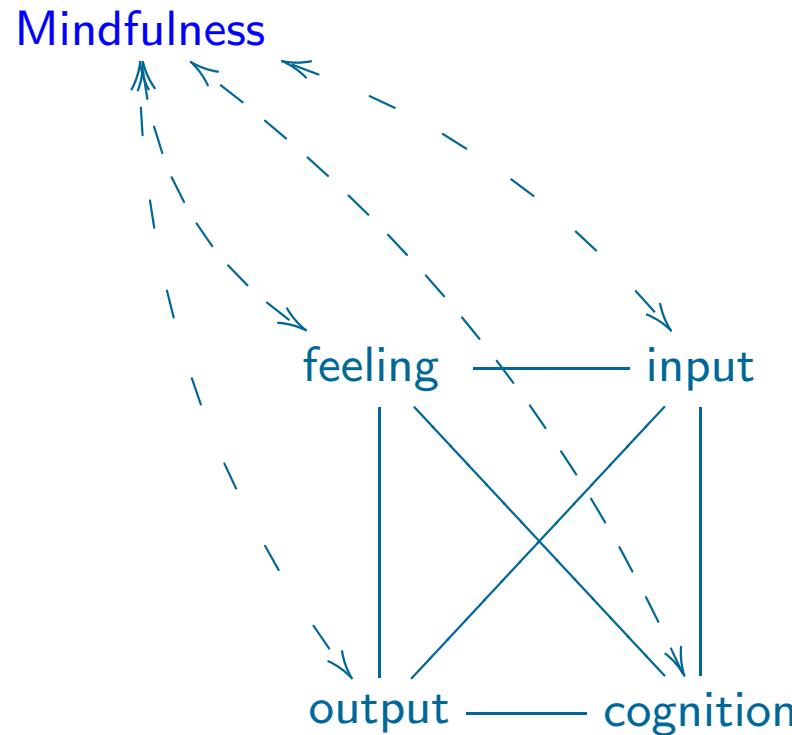
- **Input** from the 6 senses
(seeing, hearing, thinking, touching, tasting, smelling)
- **Feeling** (value judgements: positive, negative, neutral)
- **Cognition** (distinguishing this from that)
- **Output**, conditioning (doing, thinking)
- **Consciousness**

Reflection in consciousness

Consciousness contents active
→ *Conditioning*



Reflection in consciousness



Mindfulness is non-active
→ less conditioning

Mindfulness (from vipassana meditation)

Technical description of mindfulness: recollectedness (*sati*)

	Reality	Language		Object	Mind
1	(\vdash) -<	Maria	1	breathing	mental event
2	Maria	‘Maria’	2	mental event	mindfulness

Mindfulness is

- language-free
- non-interfering attention
- “this is hearing”, “this is sadness”, “this is thinking”

Brings about equanimity and inner peace (temporary at first)

There may be pain, but it does not matter. **Mystical experiences**

Permanent inner peace

Continued practise of mindfulness

reductionistic observing and separating components of mind
input, feeling, cognition, output, consciousness

until mind in *uncontrollable unpleasant chaos*

probably related to operating system of the mind

Three characteristics of our inner mind

uncontrollable chaotic unpleasant

luxe calme volupté are the opposites

We do not notice these as we cover them by our feelings

Feelings work as anaesthetics, work well but symptomatic

Mental purification

Mindfulness is proper cure

Blissful equanimity is developed again

By *surrendering* mindfulness may 'take over'
and becomes permanent

Feedback to science

Psychotherapy

understanding dissociation

mindfulness based stress reduction

Mechanism of feeling

volume transmission (broadcast)

vs. synaptic transmission (neuron to neuron)

PhD student: liquor touching cells containing 'opioids'

met- enkephalin

beta- endorphin

1,2- endomorphin

morphine

CART (cocaine-adrenaline related peptide)

as well as stress hormones like CRH and eurocortin

Collaboration

Adhortation (engaged Buddhism) to make world livable
spiritual leaders

- emphasize collaboration between spiritual traditions
- discourage overpopulation (have children after age 30)

politicians of many countries

- put quality of life on political agenda
- promote global happiness

scientists

- make results readily available to politicians and legislation

To meditators

Thou dwellers of the great monastery: work with confidence, understanding, effort, concentration and above all mindfulness. At first restrain your senses and stay with their input as much as possible. Make a mental note if your consciousness is pulled elsewhere. This eventually will set you free and your sensory restraint has served its purpose. Be aware of two pitfalls. Too much concentration may give apparent freedom; but you will fall back. Secondly, it is not you who can finish the work. Start with your desire to be unconditioned. At some point you will see that it reaches nowhere. Then let discipline take over and surrender with attention. Not expecting anything the work will be over soon: bliss of Nibbana becomes permanently accessible. In this life you may use it for the benefit of all living beings.

From: *The ancient theory of mind*
Lecture at Harvard School of Divinity, October 2001
<www.cs.kun.nl/~henk/otherpapers.html>

Chinese poem

*Over the river, shining the moon.
Through the pine trees, sighing the wind.
All night long so quiet and tranquil.
Why? And for whom?*