

## TWENTY ONE SAD DAY VIEWS OF INFINITE MOUNT SUNYATA UNARISEN AS THE OPEN GROUND

- 1 Self is emptiness: emptiness is self
- 2 Other is emptiness: emptiness is other
- 3 Ignorance is emptiness: emptiness is ignorance
- 4 Separation is emptiness: emptiness is separation
- 5 Isolation is emptiness: emptiness is isolation
- 6 Existence is emptiness: emptiness is existence
- 7 Non-existence is emptiness: emptiness is non-existence
- 8 Comparison is emptiness: emptiness is comparison
- 9 Mistakes are emptiness: emptiness is mistakes
- 10 Faults are emptiness: emptiness is faults
- 11 Competition is emptiness: emptiness is competition
- 12 Fear is emptiness: emptiness is fear
- 13 Uncertainty is emptiness: emptiness is uncertainty
- 14 Anxiety is emptiness: emptiness is anxiety
- 15 Striving is emptiness: emptiness is striving
- 16 Disappointment is emptiness: emptiness is disappointment
- 17 Failure is emptiness: emptiness is failure
- 18 Birth is emptiness: emptiness is birth
- 19 Old age is emptiness: emptiness is old age
- 20 Sickness is emptiness: emptiness is sickness
- 21 Death is emptiness: emptiness is death

Thoughts, feelings, sensations, memories, plans and moods are the constituents of our sense of self. Organised through language we formulate them as the story of ourselves, our options and our world as we take it to be. Even in our feelings of smallness, or failure, of vulnerability and mortality, we are the ones believing our own story. Identification with the small is the basis of our smallness. This tendency is not intrinsic but arises as a patterning of transient experience when we are unaware of the open ground.

All limits are actually brief puffs of wind gusting around Mount Sunyata. They establish nothing in their delusion of somethingness. So rest, take your ease in your infinite ground, admire the view and enjoy the breeze.