

Buddhism and the Universe

In an age where only the loud and overbearing garner attention, it's refreshing to know that its opposite—the quiet and unassuming practice of Buddhism remains as popular as ever. That even in the midst of the blinding fury of our digital age; stillness remains one of humanity's most treasured commodities.

This is a very natural result. People remain attracted to Buddhism because its tenants ring with a purity and relevance people intuitively recognize as real and right. Indeed, even with today's myriad distractions vying for our attention, Buddhism maintains its high appeal because people know its pathway leads to higher realms of being, as though it springs from the very source of goodness and rightness.

This article intends to show that this widely felt intuition is more than a hunch; it is in fact supported by deeper, physical underpinnings. In fact, through the Centerlife formulization we're able to see how Buddhism's key tenants directly reflect key elements of the universe's underlying, great creative process. The very same creative force responsible for raising not only order, but the splendid harmony we see streaming throughout the universe (see www.centerlife.center for more details).

To demonstrate how just how closely Buddha's tenants align with the universe's underlying creative process, we'll first need to better understand this creative process as reflected in its Centerlife formulization.

What is Centerlife?

Centerlife is a comprehensive description of the how the universe organizes and makes itself up. A powerful creative force rooted in domineering centers raising the splendid order we see streaming throughout the universe as atoms, cells, solar systems, and societies.

Just as significant as its capability to generate order, the geometric relations resulting from the process also gift the developing creation with a host of beneficial qualities including beauty, balance, symmetry and harmony which as we'll see shortly, have a profound and positive influence on nature and life's creations.

To prepare us for the following discussions on how Buddhism's tenants align to the great creative process, you need to better understand the main elements of nature's creative process as outlined below:

- Step 1: The universe spontaneously produces centers that possess the qualities of purity and powerful concentrations of energy.
- Step 2: Invisible fields emanate from centers which are shaped in a 3D, halo-like form.
- Step 3: Fields interact with their surroundings forming larger, holistic creations which mimics the fields that underlay it (i.e. fields form a larger creation about the originating center in in a 3D, halo-like shapes. This includes the forms of spheres and her sister varieties of spirals, radials, and branching systems).

- Step 4: The geometric relations generated by this process also imbue the larger creation with the fantastic qualities of symmetry, beauty, balance, and holism.
- Step 5: The entire process forms an overall rise-and-fall pattern as the climax or center of process is approached.

The net effect of the overall process is to create a larger, spherically-shaped creation about an originating center. The key elements of the Centerlife process that relate to the tenants of [Buddhism](#) are;

1. [Mindfulness](#) and the Purity of Centers Like the purity that spontaneously arises at the center of nature's creations, mindfulness teaches we should also cultivate purity at the core of our being (as our thoughts) to ensure our larger life is well formed, pure, and balanced.
2. [Enlightenment](#) and the Power of Centers It's no surprise that sages and searers report the release of powerful feelings and energies when they experience sudden awareness. Like her counterparts in nature, the core of our being is very powerful. Enlightenment's act of bringing us back into contact with our inner core releases a host of powerful emotions, experiences, insights, and creativity.
3. [A Silenced Mind](#) and the Universe's Geometry of Choice When we silence our minds, our minds adopt the configuration of the universe's 'default' geometry. This geometry as described by Centerlife, is a center-oriented geometry featuring a powerful center (which in the case of a silenced mind is the core of our being) surrounded by a spherical, radial cognitive configuration. Such a configuration providing a host of beneficial qualities including symmetry, balance, and what appears to be increased flows of energy we experience as elevated states of awareness, bliss, and creativity.
4. [Kong](#) and the Rhythm of the Universe Here we find Buddha's Kong cycle closely mimicking the rise-and-fall sequence of nature's process about a center.

The following sections examine each of these phenomenal parallels in more detail.

Mindfulness and the Purity of Centers

A central tenant of Buddhism is we should practice of mindfulness towards living a harmonious life. This connection is not without merit. It is well known that through cultivating virtuous thoughts and words, our larger life will be equally harmonious and balanced.

This wonderful truth is this is not an isolated phenomenon exclusive to man's world—it is rooted in a deeper, underlying physical basis. In fact, through Centerlife's formulation we find mindfulness is in fact just a natural extension of an underlying set of universal principles that applies to all of nature's wonderful creations.

As Centerlife teaches, the base condition of the universe is to generate purity at the inception point of all of nature's creations (i.e. at originating centers).

Having such purity at the heart of nature's creations helps ensure all that evolves from such beginnings is equally pure and well-formed, naturally generating a host of beneficial qualities in the large holistic creation forming about it including holism, symmetry, balance, and beauty (see Jin's book *Seven Paths to Power* for additional details).

We see this phenomenon when a single water molecule freezes to form a lovely snowflake; massive stars emerge from a diminutive gravitational center. They're also where entire philosophies emerge which are from the initiating ideas that conceived them. Each of us also began from a small place—a single cell which ultimately became the fantastic organism we are today.

Thus, from a Centerlife perspective, it's no surprise mindfulness leads to greater things—it is the natural way of the universe ensured through the elements and interrelationships defined by its creative process. In a very true sense, we are living our lives in harmony with the universe when we are being mindful, generating positive, enduring, and meaningful creations.

Releasing the Infinite - Enlightenment and the Power of Centers

Sages and Buddhist monks whom have attained enlightenment describe their awakening as powerful and intense including experiences of deep insights, sustained bliss, access to higher truths, and exploding levels of creativity.

Through Centerlife we see once again that this is not an anomaly—it is a very natural result. This is because a basic tenant of Centerlife is that all of nature's creations—including an enlightened mind, include a powerful concentration of energy in their bosom. Here are some examples of such phenomena in nature.

- The hearts of atoms possess practically infinite amounts of energy ultimately producing the building blocks of being.
- The nucleus of cells contains the astoundingly complex, and reliable code of life.
- The crushing gravity at the heart of stars leads to a continuous fusion reaction.
- The effects of black holes at the center of galaxies are so mysterious, physicists can't define them within the any known physical theory.
- Society's ruling institutions were born in city centers.
- And the center of your mind includes the universe's most incredible creation –the conscious thought currently residing in your head.

A powerful core resides at the core of each of us as well with an unlimited capability to experience, creative, love, and be kind. It's just that after decades of social training, we progressively lose touch with this inner core, buried under layers of mental subroutines intended to keep us relevant, safe from social criticism, and to get ahead of others.

It's no surprise small children have such wonderful energy levels, freedom of thought, and curiosity children. They are still in touch with their core allowing them the freedom and spontaneity we all miss and crave as adults.

This helps explain the sudden and intense experiences of monks and sages whom attain awareness—they suddenly reconnect with their inner core and release its Pandora's box of extreme bliss, feelings of wellbeing, spontaneity, and intense creative powers.

A Silenced Mind and the Universe's Geometry of Choice

Another core practice of Buddhism is meditation. The practice of silencing one's mind in hopes of directly experiencing being as it truly is. Monks and sages have described deep meditative states as

deeply blissful, liberating, and becoming one with the cosmos. In many ways it's as though they have slipped into another realm or dimension of experience.

And this phenomenon is no longer being dismissed by science. In fact, modern science has caught up to what monks have known for some time—meditation leads to a beneficial state of consciousness. Scientists have found that deep meditation leads to altered mental states of increased alpha wave frequencies associated with the qualities of extreme focus, relaxation, learning, creativity, and peak performance.

Centerlife offers further insights into this delightful enigma when we consider the architecture the mind adopts when it enters a deep meditative state. You see from a Centerlife perspective, when our minds become silenced, our neural wiring mimics the what I like to call 'the universe's architecture of choice'.

What is this architecture of choice? It is a halo-like, center-oriented pattern which naturally result from powerful centers being at the core of nature's creations.

Let me explain further. When we are in a deep meditative state, we establish a powerful center at the core of our being. This center generates fields which serve to somehow align our mind in a spherical, radial form. We know this is the case functionally because a silenced mind, like all of nature's other creations, closely approximates a pure center. It allows incoming stimuli—and indeed our thoughts—to flow directly inward without being rerouted to various cognitive subroutines (i.e. worrying over the past, fretting about the future, or allowing preconceived notions to affect the experience).

In essence a silenced mind creates a smooth and undistorted, spherical shape as information flows inward in relatively straight and smooth lines. A larger, symmetric halo shape is the result.

The full 360-degree holism generated by this arrangement allows all stimuli, influences, and associated tender nuances to flow in unhindered from any direction. The net result is a freer, wider flowing, and more complete creation.

A still mind replicates the universe's geometry of choice, thereby allowing sages and seers to reap the attendant benefits of symmetry, balance, and holism.

Kong and the Rhythm of the Universe

Of the numerous phenomenal insights Buddha generated during his glorious lifetime, his Kong concept was surely one of his most metaphysically profound.

Kong describes the transient nature of all things which, besides serving as the basis for his teachings on suffering (i.e. which preaches the futility of becoming too attached to anything since it is transient in nature anyway), it also accurately portrays nature's life cycle process.

In his own words, Buddha describes Kong as;

The transient nature of everything is a result of Kong -the essence of which everything in the universe is composed. According to the Heart Sutra, all events and objects, regardless of their current transient manifestation, are Kong. These transient manifestations fall into four main categories:

1. Birth
2. Existence
3. Deviation
4. Disappearance

In essence Kong follows a four-stage, life cycle process. Thus trees, storms, emotions, and possessions; are in a constant state of change as they carve out their very own Kong trajectory from birth, existence, deviation, and disappearance. Making Buddha's discovery all the more remarkable was his achievement proceeded practically all tools of science—speaking volumes to Buddha's achievement.

From Centerlife we find his discovery doubly remarkable as it in fact applies to all things in the universe, a natural result of the processes resulting from the universe's great creative processes.

Like the Kong cycle, the overall creative process generates a rise and fall pattern however in Centerlife's world, the process unfolds about an originating center. Excerpted from Jin's **Centerlife Papers**, we find the creative process unfolds as follows;

Centerevents describe the overall rise and fall profile of nature and life's processes and events. Centerevents begin when a seed-like center comes into existence. It might be the formation of a common gravitational center in a cloud of space gas and dust, a hunger pain which sets a hunter into motion, or the establishment of a goal.

With various parts caught in the grips of the well formed by their originating center, they begin to move inward toward the originating center in an increasingly purposeful and coordinated fashion. In the examples above, matter surrounding a dust cloud in space begins to move increasingly inward, the hunter begins to move ever closer toward its prey, and we contemplate how to attain the goal.

As we close in on the defining moment of the event, the pace often quickens as excitement swells and deadlines are approached. Such is the case with runners approaching a finish line, the hurried rush of finishing touches just prior to serving dinner guests, or the sudden increase in intensity of a yawn.

Having had so much energy and activity focused on it, once the center is achieved (i.e. the majority of the surrounding parts have converged upon their originating center) there's nothing left to do other than unleash the full creative potential of the unfolding event.

Having achieved the center, Centerevents undergo sudden reversals and often dramatic changes of character. Sudden reversals following the climax of Centerevents results from the release of the substantial energies that had been 'pumped' into the system as it grew; the system can't help but drop away from the momentum gained during its formative stage.

Hence ends of events often feature the unwinding of a system's energy back to a state of rest, often in dramatic fashion. It's the tidying up of unresolved loose ends at the conclusion of movies and novels, the bows on a stage at the end of a play, and the unwinding of runners as they cross the finish line.

This rhythm applies to a whole range of nature and life's events which unfold in a general rise-and-fall sequence: the crashing of waves, the birth of a star, the firing of neurons, the stock market's boom-and-bust cycles. It's also the shape of our urges, impulses, reflexes, and emotions witness the common rise and fall rhythm of confrontations and arguments as well as sneezes and yawns for instance.

Here again we find Buddhism's genius embedded in deeper, universal processes streaming throughout the cosmos. Letting us know over-and-over again that Buddhism is indeed real and right—guaranteed by its rooting in a splendid universe that naturally generates order, harmony, symmetry, beauty, balance, holism, and collaboration.

Buddhism and Centerlife—speaking the same universal language and providing something real and right for seekers to root themselves in, and begin ascending higher levels of experience and bliss.