

On the Road with the Dalai Lama: Spirituality and Art

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By Wes Milliman

How can we realize this mystery and live a creative life? Well, to ask “how” is to desire a methodology, and all methodologies are projections of thought. They are of the world of time. Thus, how can we realize the timeless through time? It is an impossibility.

Deeper realization is not the result of any methodology or technique. The realization of higher truth requires a silent mind, because it is only through silence that emptiness can be comprehended. It is important to understand that emptiness is not a negative idea. In this regard, emptiness is also fullness (sunyata and tathata).

The mind cannot be forced into silence through concentration, which is only the practice of exclusion. It is through meditation, awareness, intelligence, understanding, love and compassion that the mind becomes silent. Meditation is the art of being creatively present, and it creates an opening for an awareness of “just being” without any supports. Seeing, being and doing become the fabric of an enlightened life for the artist and the religiously sensitive.

Sir Sarvepalli Radhakrishna said that “most of us go through lifewith eyes half shut and with dull minds and heavy hearts, and even the few who have had those rare moments of vision and awakening fall back quickly into somnolence. Thus, the ancient thinkers required us to realize the possibilities of our soul in solitude and silence in order to transform the flashing and fading moments of vision into a steady light which could illumine the long years of our lives.”

Perhaps it would be good to take a look at the art form of music and its connection with spirituality and science. The goal of modern science is a self-contained,



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unified theory of everything. According to modern string theory in quantum physics, the universe is an interwoven system of vibrating strings of energy, and it is composed of perhaps 11 dimensions. Our four-dimensional universe may exist on a membrane within higher dimensions. In fact, it may be one of many parallel universes existing within 11 dimensions. This new approach in science is an attempt to create a unified field theory uniting gravity and electromagnetism, along with the strong and weak forces within the atom. While the jury remains out on this elegant mathematical hypothesis, the Fermi Lab is in the hunt for a predicted graviton and

sparkel particle in an attempt to validate this new scientific theory.

The ancient holy books of India, the Upanishads, say that the primary manifestations of the Unmanifested Absolute are light and sound, with time and space unfolding from latent potentiality. Is there some primal or sacred vibration that is the window through which all pure potential must pass before it comes into being? Are all “vibrating strings” constantly in the process of creating innumerable inner and/or outer musical harmonies and melodies? The Chandra X-Ray Observatory in Cambridge, Mass., has detected the deepest musical note ever sounded in the universe (B flat, 57 octaves below middle C).

Life is a multidimensional and interwoven system of varying spectra of vibrations, and many of the great religions have an ear tuned to the Music of the Spheres as a means of salvation. This symphonic stream of bliss is a radiant sound current, and it is called the Holy Word in Christianity, Kalma by the Mohammedan saints, Sarosha by Zoroaster, and Shruti, Udoget, Nad or Akash-Bani in the Hindu scriptures. This pearl of great wisdom is also referred to as the Divine Melody, the Voice of God, the Audible Life Stream, the Holy Ghost, the Logos, the Nam and the Kun.

The Creator is the very source of this divine melody, and it is possible through meditation to connect with this audible life stream and follow it back to its source. The world is like a holographic, artistic tapestry, with the vibratory frequencies of sound (the Music of the Spheres) and light as the means and method of manifesting the universes of space and time. Creation is God’s lyrical gift, as it were, and we are a flute note in time, a variation on the theme of love, a unique part of God’s inspirational song book of being.

Thus, music as we know it as an art form is an outward expression of an inner truth. The Music of the Spheres is one of the points of convergence between art, spirituality and science. Art not only imitates life, but life is an expression of art in the deepest sense of the word.

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Wherever the Dalai Lama goes, he brings joy, wonder and enchantment. World peace seems within reach in his presence. Of course, peace is not only the absence of strife; it is the fullness of love. The Dalai Lama is fond of saying, “My religion is the religion of love and compassion.”

This is not a new message. It is the age-old message of the heart. We constantly look at ourselves, others and world through the pale cast of thought. We emphasize labels rather than relationship. We overlook simple acts of loving kindness as if they were exceptions to the rule, rather than a natural expression of our true nature. Love is an inner realization of a multidimen-

sional higher truth; yet, we often choose to ignore the light of this eternal verity.

According to the Dalai Lama, our true nature is the very essence of love, as expressed by the tender caring of a mother for her children. Love is expressed in

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human relationships as tenderness, affection, friendship and romance, as well as pure altruism or unconditional love. It is only because of our distorted understanding that we fail to relate to either the world or other people. We must move beyond the mist of labels and discover the underlying significance of love as a higher order of understanding. There is no other alternative for the survival of our planet.

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We don’t have to be Picasso to appreciate life as an artistic creation. Whether we are

dealing with the magic and mystery of mathematics or the gentle petals of a rose, life is a sacred dance that deserves our respect, honor and wonder.

For those with the vision to see, love can be found in every corner of creation. It just takes a little effort on our part to pierce the veil of illusion. We must clean the dust of ignorance from the mirror of our minds, and, in so doing, our hearts will become citadels for the clear light of compassion, and we will glisten like diamonds of light on the surface of the river of time.

For the Dalai Lama

*you are a distant flower
living in a higher truth
giving the fragrance of your love
as a rose in the night
to strangers passing-bye*

After college, **WES MILLIMAN** attended seminary for three years. For more than 40 years he has been a student of philosophy, comparative religion and art. Recently, he retired from the local newspaper, and he is now giving artistic and spiritual tours of Spain. For information, please contact him at weslovesspain@hotmail.com.