

DENISE'S POST 13/4/21

Please enjoy this transcript of yesterday's dialogue with myself and Francis (about 11 min). I've edited out most of the um's and other repetitive stuff.

I would enjoy hearing your comments on this topic - which I'm very actively exploring.

DIALOGUE OF April 11, 2021

D - I came across a new word that I'm having a lot of fun with and I don't know if I've heard you say it. The word is Spanda. It's a Sanskrit word.

F - Spanda yes, it means vibration.

D - Ok, so for a while I had been using the analogy of the depth of the ocean as my Beingness and everything as waves, but I had a lot of other visions and thoughts around that.

When I came across the word Spanda - I love it because - everything that I can look at and perceive, in my body or externally — I don't have any other association with that word. And so, I just like - "it's all Spanda!"

I've been sitting with that for a few days now. A funny story around that is:

I was just waking up with those thoughts ruminating a little bit, and my mind played a joke on me. Just before I opened my eyes, the thought came to me with an image of a bullhorn - just like before a movie or

before filming is about to start, where someone is shouting “places please, places! Everybody in their place!” So as if creation, as I opened my eyes, was all of a sudden going to be taking its place. It made me laugh.

This morning, also with the idea of Spanda, I sat up in bed and tuned into Beingness and then the world as Spanda. I did kind of a body scan and I felt a little tension ... in my upper left throat. It was like, “oh, this is sticky Spanda.”

I acknowledged it and I just paused - like well, “is there a story there? Is it going to move? Is it going to change?” And it didn’t.

Then I remembered something you said about, “just open the back door.”

I could see it really didn’t have anything to say. And I could tell it wasn’t a natural freely moving energy. It wasn’t saying anything to me - and I was open to it - so I did just what you suggested - alright, there is a back door and it can dissolve on its own, and I can just go about my day, and let it go.

(Dear reader, I just want to interject here that for several days “a question” had been brewing. I had been writing notes, thinking I would assemble them into a concise, coherent question. Ha! Then the spontaneity of the moment happened and I opened my mic and - well,

you see what flowed. At this point in the dialogue I was checking my notes.)

I've been loving lately how you've been using the word "interpretation" and just how we misinterpret things, and to try to just relax and have a proper interpretation of life.

I guess if there is any question - it would be if you could say more about that Spanda.

F - If I go nerdy here, as far as I know, I see it mostly used in the Kashmir Shivaism tradition. It means vibration. So the translation would be the cosmic vibration. And the vibration is between two aspects - the unmanifested and the manifested.

So in this tantric tradition, Shivism, you have Shiva and his consort Shakti. Shiva is the reality in its absolute, unmanifested, changeless aspect. Shakti is the manifested.

They are having intercourse. And so it is this vibration, which is the Spanda, which is Shiva and Shakti having intercourse and the constant appearance and disappearance of things.

It's the constant creation and annihilation of things - is the cosmic vibration, is Spanda. That's how I could try to define it.

D - yeah!, because I had a sense of it - of the present moment of it.

Just ... the phenomenal in the present moment - as my thoughts, as my internal body sensations, as the external world, and everything beyond.

Whereas the OM vibration, I had a lot of baggage around, sort of it taking place over time And the ocean, I have a lot of images around it. But this Spanda, I just like the word. When I saw the reference, it did reference Shakti, yeah.

F - yeah, there is of course a more sexual symbolism in it, because in this different culture, the Queen Victoria ... the taboos that we have regarding sexuality in the Western world, and while not exactly the same ... there was more freedom concerning sexuality.

It was considered completely normal, without taboos - just as, it was the same case in Ancient Greece. We believe that the way we live in society with our current taboos, that it has always been like that in mankind. But no, no I'm sorry but, it wasn't. It's something very recent and very limited in the history of mankind.

So, going back to this and the other sexual aspect, symbolic sexual aspect.

In this Spanda, when Shiva and Shakti are apparently separate - they are never really separate, because they are still united - but the desire for their fusion is present and creates this melting together, going back, in which Shakti is reabsorbed in Shiva. And then a new desire arises, which is a desire for manifestation - which creates again this apparent separation, and again the desire to be together.

So Spanda, the engine of Spanda, is a double desire, if you will, the desire for creation and the desire to return to the oneness.

So that is that which creates constantly the cosmic, if you will, the cosmic vibration.

So the sexual analogy is with the cosmic desire. And of course Shakti has to do with creation also. So the symbolism is taken, you know, according to Hermes Trismegistus saying, "So above, so below - or - so below, so above."

D - Oh, thank you so much. That brought tears to my eyes ... I'm glad I asked. ... that was very rich. Thank you so much.

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