

~ *Melting Fixations* ~

By Mingyur Rinpoche

The view is really important. What we believe in is freedom or liberation. The source of freedom, the source of liberation from suffering, from the fixations of mind, is the view. The view is wisdom.

For example, if there is water and it completely freezes, then if you are in the water when the water freezes, you will be stuck. We are stuck in the fixations of mind.

In this fixational world, there is subject and object, and this is the dualistic mind. We get trapped with regards to time and matter, right, wrong, yes, no — all these boxes. We create them and put ourselves into our own prison. Like the ice when water freezes.

The view is like the sunlight. When the sun shines bright, the ice will heat up and slowly it will melt. In the end, the ice become water, again.

The view really helps us to go beyond of subject and object. The grasping mind is fixed. We put ourselves into our own prison, therefore we can also liberate ourselves by knowing the nature of reality, by knowing the truth.

Once we go beyond of dualistic perception, then we are free. Then the water is not frozen anymore. It is flexible and free. That is the benefit of the view.