

## ~ *Living in a Dream* ~

Mingyur Rinpoche

A dream is a really important analogy to understand the deeper level of how we perceive this world.

When I was young, I tried to meditate on emptiness. “Emptiness is mind.” I tried to go beyond concept, beyond dualistic perception. But it was really difficult for me. Then, my father gave me the example of a dream. I wanted to have a three wheeler, you know? It is for kids to play. In Nepal you can buy a three wheeler. I really wanted to buy one, but my mum said that she did not have enough money. So my mum did not buy one for me, and I was upset. So my father asked me, “In the dream, if you find a three wheeler, what are you going to feel?” I said, “Wow! I would be very happy!” Then my father said, “If a thief comes and steal your dream three wheeler, what will happen?” I said, “I will be upset and may cry.” So he asked me, “This three wheeler, does it exist or not in the dream?” I said, “Of course it does not exist!” My father said, “Yes, it does not exist but it functions in your dream. When you get it you feel happy, when you lose it, you suffer and, at the same time, you can play with it in your dream. Then my father continued, “It is not only the dream three wheeler that does not exist, the real three wheeler is the same as the dream three wheeler.

For me that was an eye opener. It really struck me. After that, I applied this practice in my life. I was having panic so I tried to see my panic similarly to the dream three wheeler. And everything else is also like a dream but it does not mean that everything is dry, flat, or meaningless. For me, everything became more alive, more vivid and, at the same time, my mind were not fixed anymore, not caught up in fixations. There is then a feeling of lucidity, openness, spaciousness and, at the same time, less suffering, and less pain. This really benefited me so I wanted to share this with you. Tashi Delek!