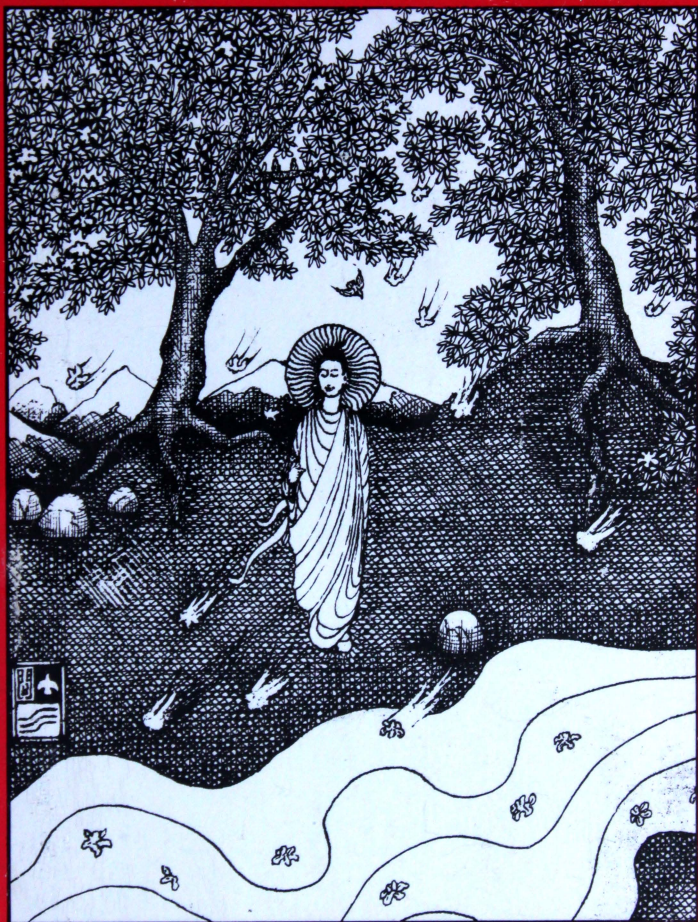
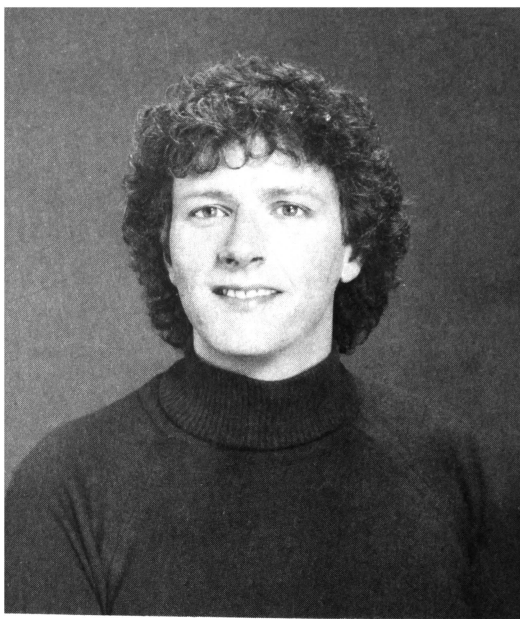


The Wheel of Dharma



by RAMA
Dr. Frederick Lenz



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THE WHEEL OF DHARMA

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LAKSHMI
A CALIFORNIA CORPORATION
Publishers
Malibu, California
1982

The Wheel of Dharma
Library of Congress Catalog Card
No. 82-083343
ISBN 0-941868-01-X

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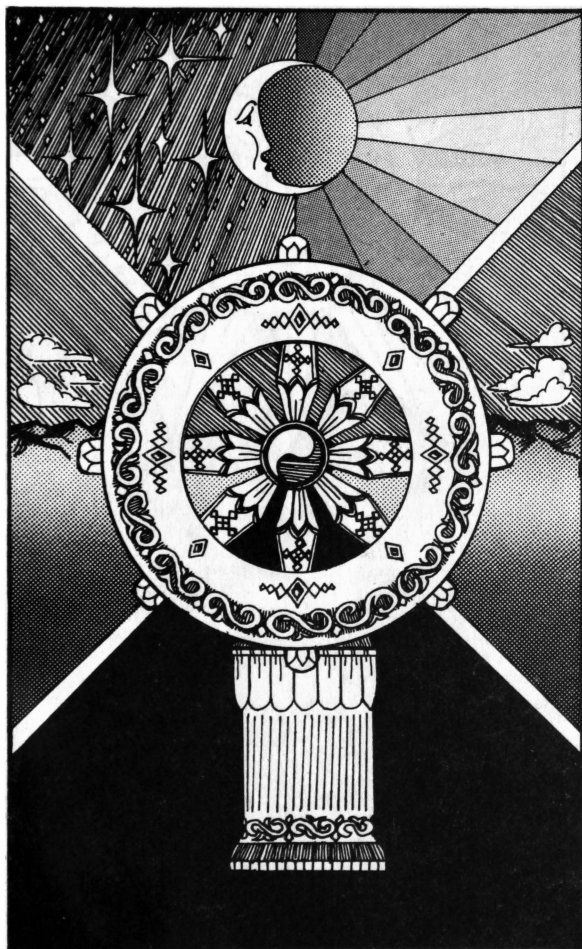


-I-

*Life is a river.
It flows in you and through you.
As you stand on the banks of the
River of Existence you see Truth.
Dharma is an ancient word for Truth.*

*There are different types of Truth.
There is the Truth of what you see, feel,
Think and believe.
This is what most people think of as
Truth.*

*Dharma is not so limited.
It is not "a" Truth, nor is it "the" Truth.
It is Truth.
The Truth within Life.
The Truth beyond Death.
The Truth that is Love.*



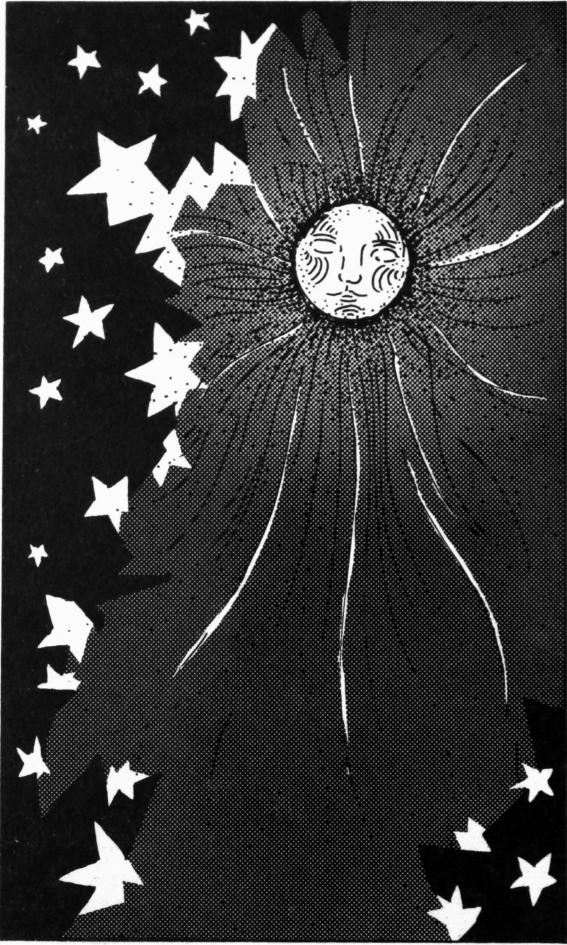


*Dharma is another name for Existence.
It is existence in its purest form.
When you understand Dharma—
When you see its perfect perfection
Shining both in and beyond all things,
You will be freed from all
Misunderstandings.*

*You will be freed from all
Unhappiness.*

*You will be freed from all pain
And suffering.*

*Until that time you will only see
Reflections of Truth.
While these reflections of Truth are
Manifestations of Dharma,
They do not last.
They are like clouds of fog that arise
Out of the ocean and for a short time
Obscure the land
Only to dissolve in the light of the
Noonday sun.*



-II-

There is some Truth in everything.

Whatever you believe is True.

Whatever you know is True.

Whatever you feel is True.

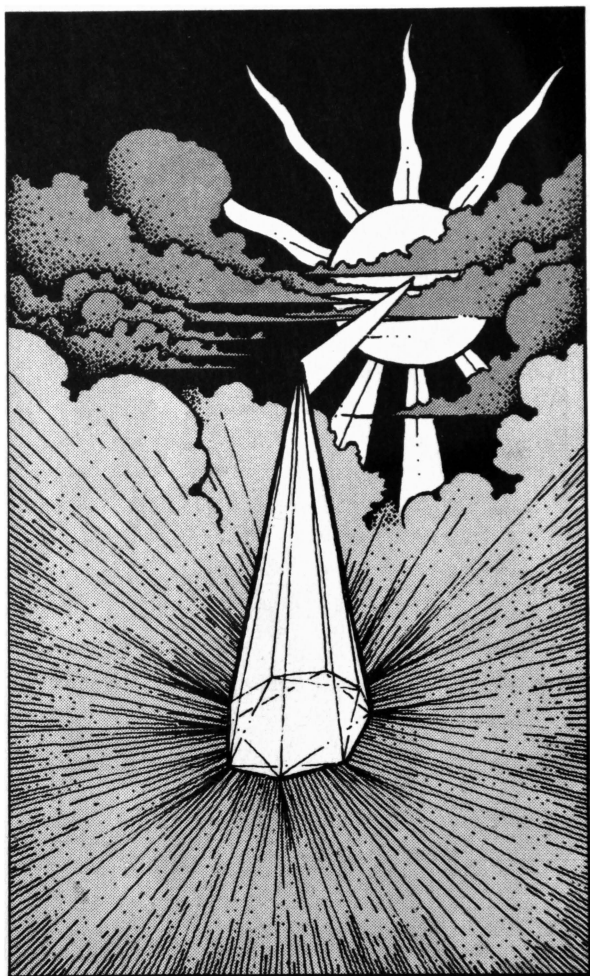
Whatever you see is True.

Whatever you remember is True.

Whatever you forget is True.

*And there is a much greater Truth from
Which all of these lesser truths come forth.*

*In this world we only see these
Reflections of Truth.*



A shaft of white light enters a prism and is separated into many different radiances.

*The Truths that we see in this world are
Separate expressions of the
One Eternal Truth.
This One Eternal Truth is beyond
Comprehension, thought, feeling and
Explanation.*

Try to remember this.



-III-

*Your mind is filled with thoughts and
Impressions:*

*See life pass before your eyes.
Feel emotions swirl through you.
Touch someone you love and watch
Them be swept away by the
River of Time.*

*Life is a river;
Sit on its banks and watch it go by,
Observe how it pulls people to and fro.*

*Sit on the banks of the river of life and
Reflect.*

*Notice the people who are swept by
You:
Your family, friends, acquaintances and
Others
Will whirl by you.*

*Wave at them as they go by.
Send them your love.
Wish them well on their journey.*





-IV-

Life is a river.

Sit on its banks and watch your

Experience pass before you.

See your birth and childhood.

Notice your adolescence.

Observe how you change.

Life is a river.

Your experiences are water.

Your perceptions are the banks.

Where are you?

Who is experiencing all of this anyway?



*You are here next to me on the banks of
The river.*

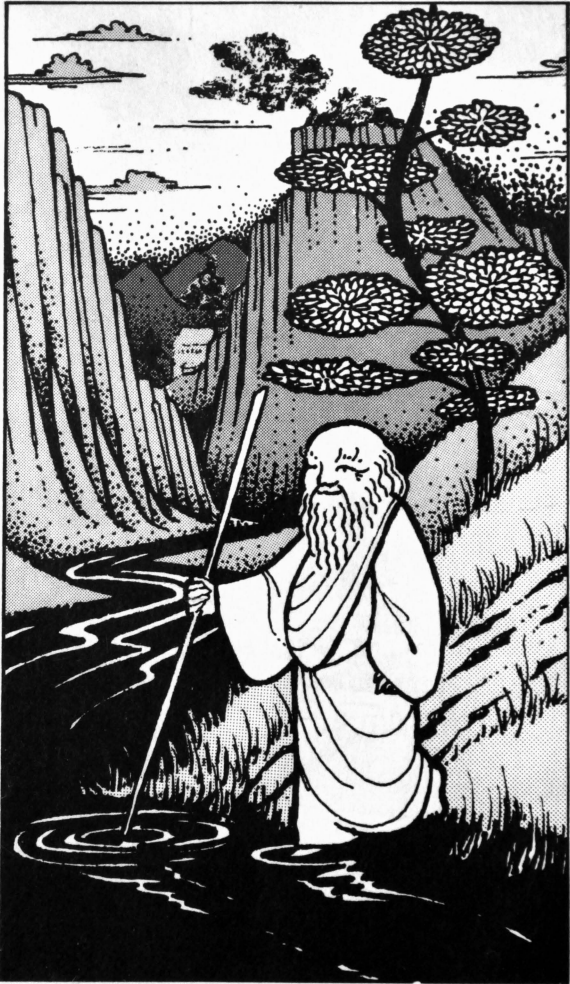
*It's a lazy summer day and the two of us
Are sitting together watching our lives
Go by.*



-V-

*If we are very quiet, the two of us can
Sit here
And no one will notice.*

*We can speak about anything you would
Like to.*



*Who am I that is speaking to you?
No one in particular.*

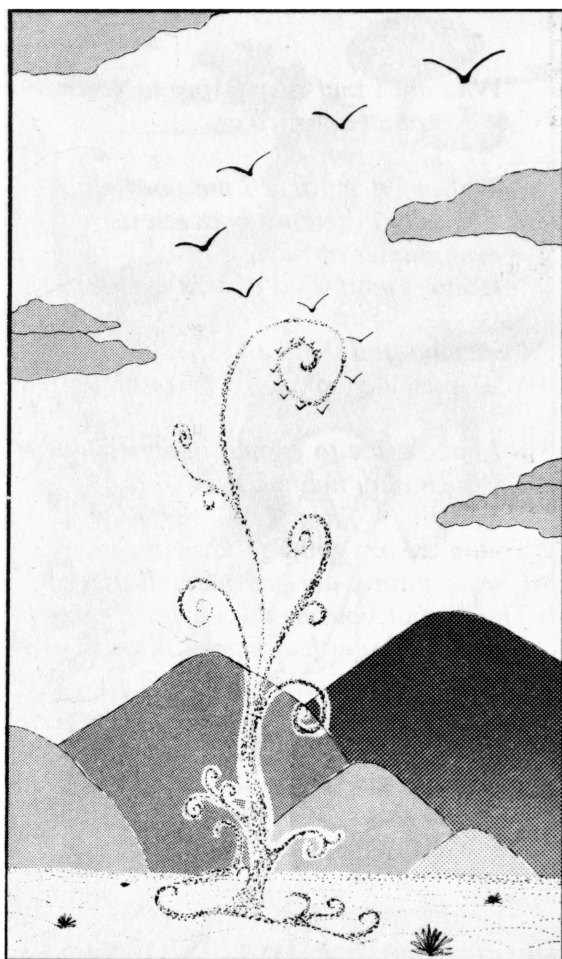
*You might say that I am yourself.
The only difference between us,
As a matter of fact,
Is that I am ahead of you in time.*

*I am who you will be.
Your future is talking to you today.*

*I have come to certain understandings
Which may help you.*

*Today we are going to look ahead.
I, your future, am going to tell you of
Things that you would not have come to
Know until you had passed through
Many, many
More lifetimes.*

*I had to get special permission
To do this.*



-VI-

*The things that I would like to share with
You are not
"Things" in the normal sense of the
Word.*

*You might say that they are idealess ideas.
They are ways of examining Eternity.
Frames of reference.*

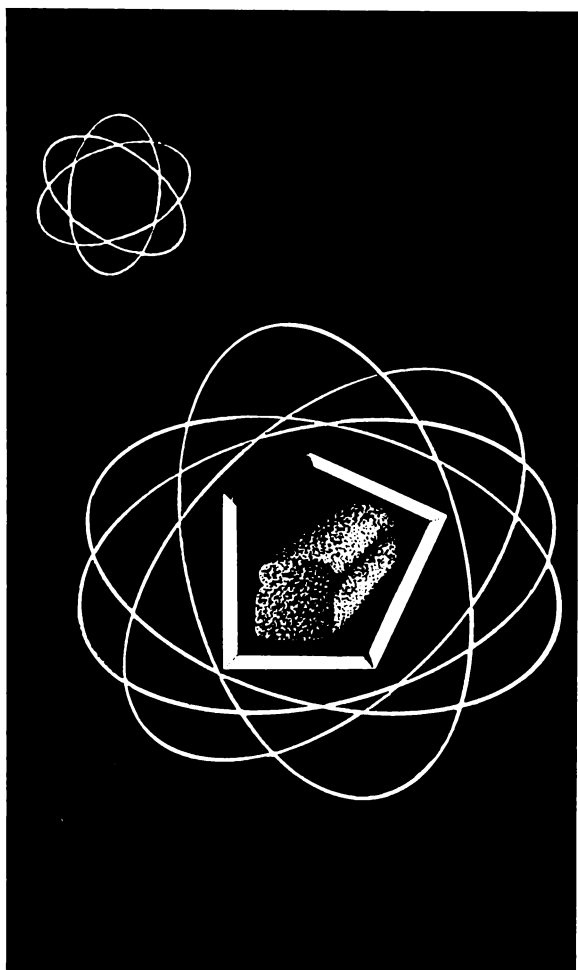
*Just as a window has a frame,
So life has a frame,
Something to keep its nothingness
In place.*

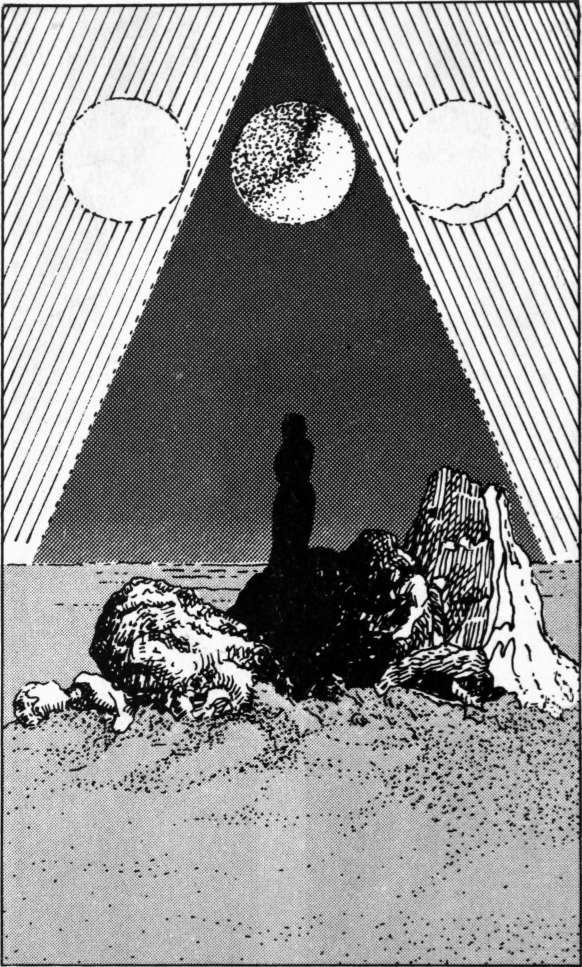
*Your mind is the frame of your
Awareness;
Your awareness is the frame of your
Experience;
Your experience is the frame of your
Life;
Your life is the frame of your death;*

*Nirvana is so big that it can't fit into any
Frame.*

*It is also too small.
It's bigger than a bread box and smaller
Than an atom.
How can something be framed which
Cannot be said either
"To be or not to be."*

*Hamlet wondered about this.
You may too.
Just another photograph for your
Album,
As we sit here on the banks of
Existence.*



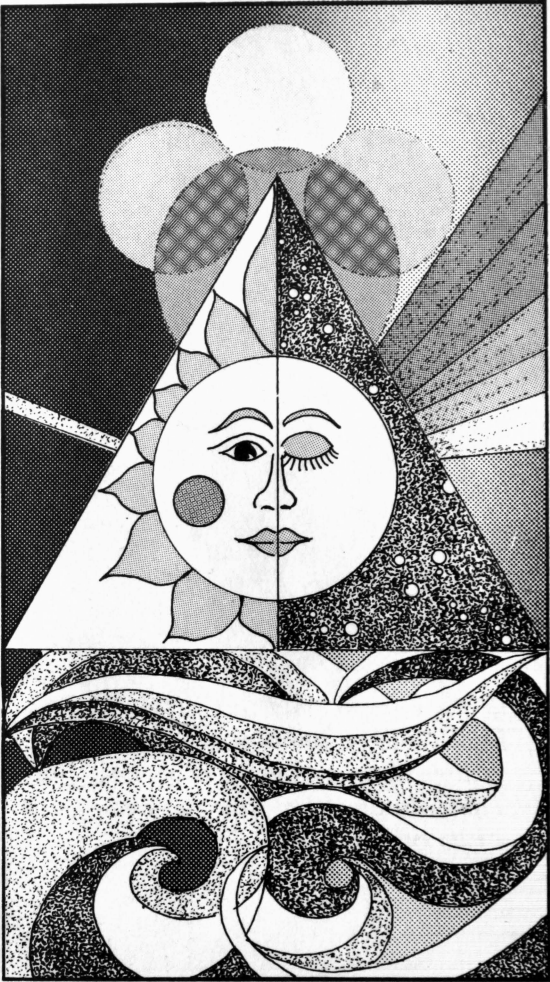


-VII-

*Since I am your future I can speak
Openly with you.
You don't have as much time as you
Might like to think you do.
One day you will die.
 This may happen sooner than you
 Anticipate.*

*Before this occurs I would like to explain
The dual nature of Life and Death to you.*

*If you comprehend this Truth then
Death will be unnecessary for you. You
Will cease to be before it occurs. This is
The only way that you can beat death
At its own game.*



*It is the nature of those who are born to
Die.*

*It is also the nature of those who die to be
Reborn.*

This is how things are.

*If you can understand why this is so then
You will have an alternative.*

*Your understanding
of this point
is Essential.*

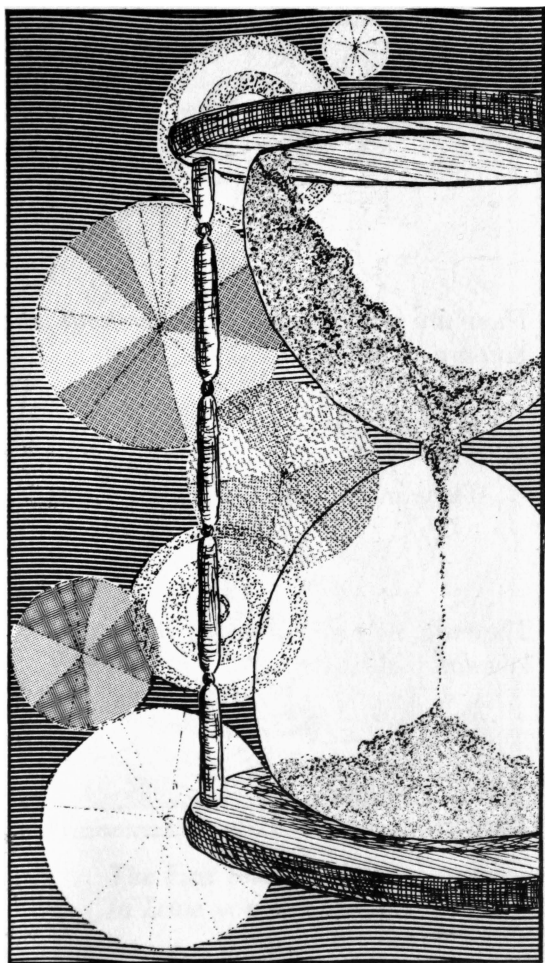
*There has never been a time when you and I
Did not exist.
We have always been and we will always be.*

*The two of us have always been sitting here
on the banks of the River of Existence having
this conversation.*



*There is no time.
Time is only a way of seeing things.
It doesn't really exist, it is a convenient filing
System that human beings have developed
For segregating their experiences.*

★ ★ ★ ★ ★



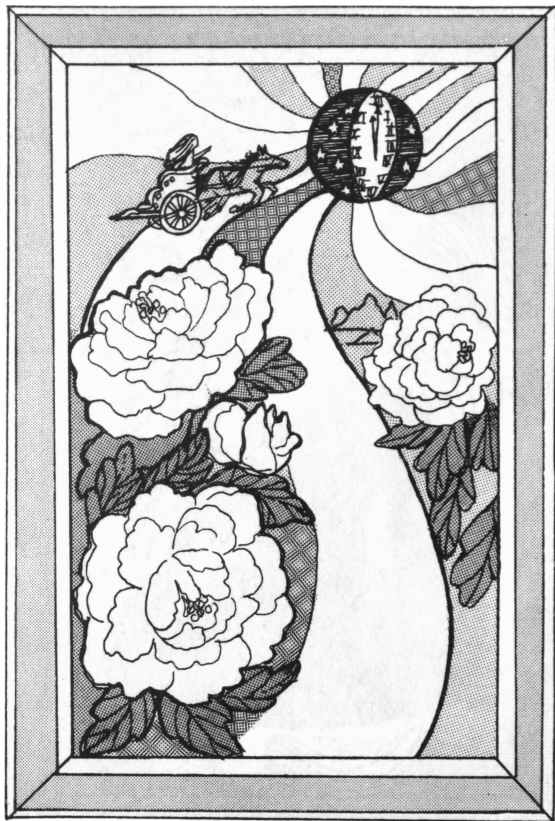
*There are several ways to understand who
You are.*

They are known as the Four Paths.

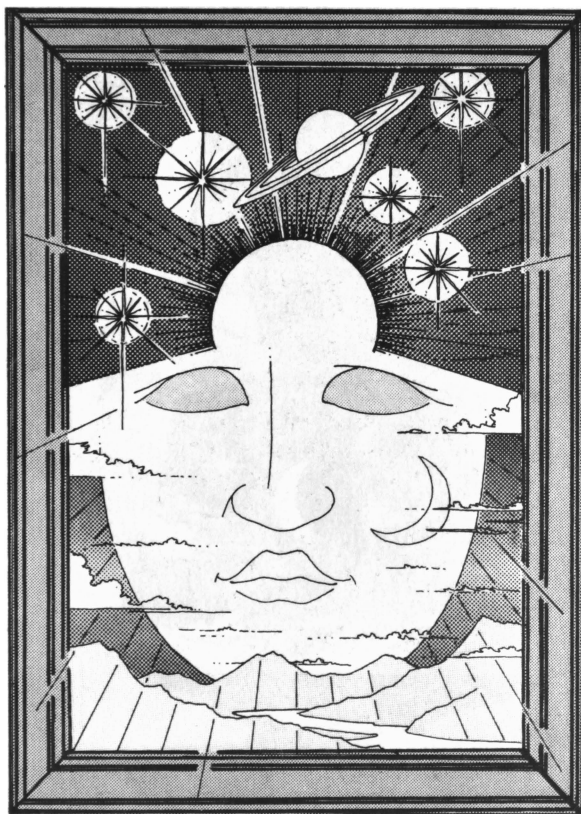
*They are the four frames of the
Windows of Existence.*



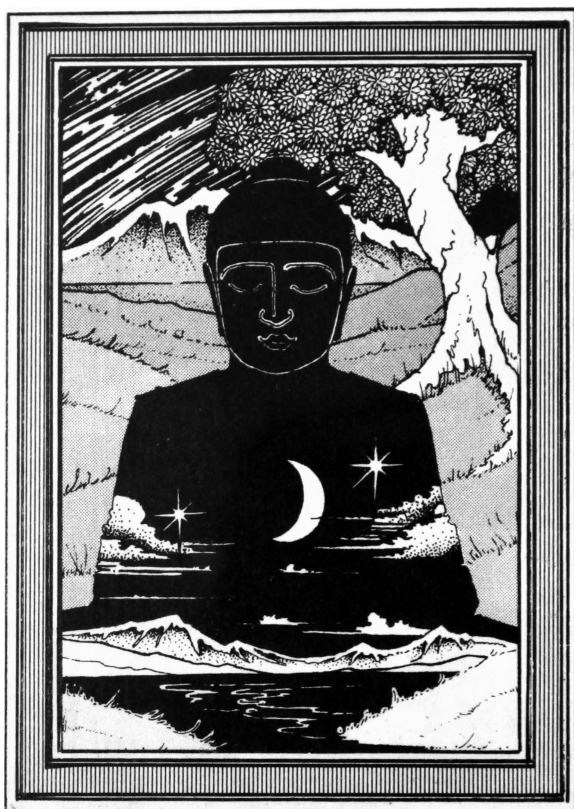
*The First Frame is Love.
In Love you see Truth.*



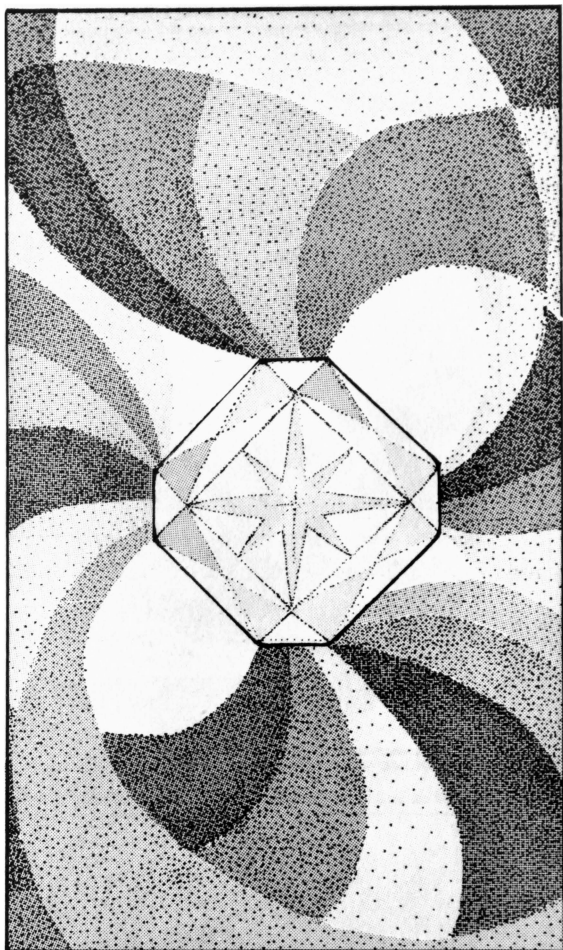
*The Second Frame is Self Giving.
In Self Giving you feel Truth.*



*The Third Frame is Discrimination.
In Discrimination you become the Truth.*



*The Fourth Frame is Empty.
Try though we will we can't see anything.
This is Mysticism – the Fourth Frame.*

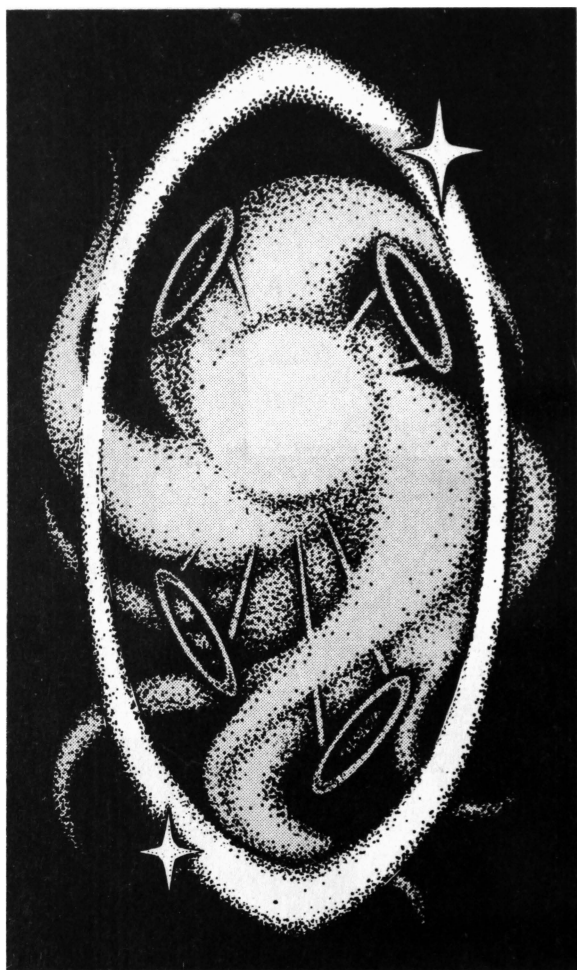


- VIII -

Perception is a prism.

It appears to be solid.

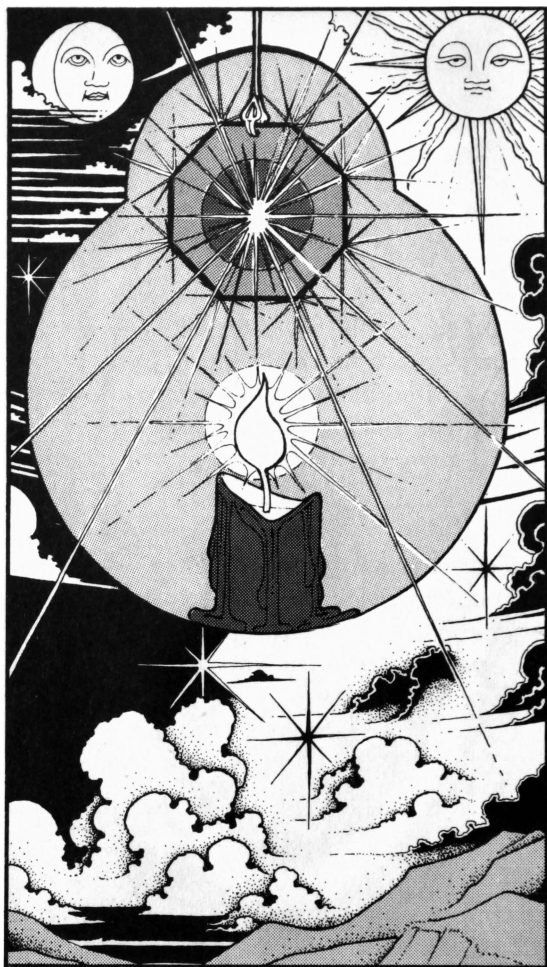
It bends $L^G H_T$



-IX-

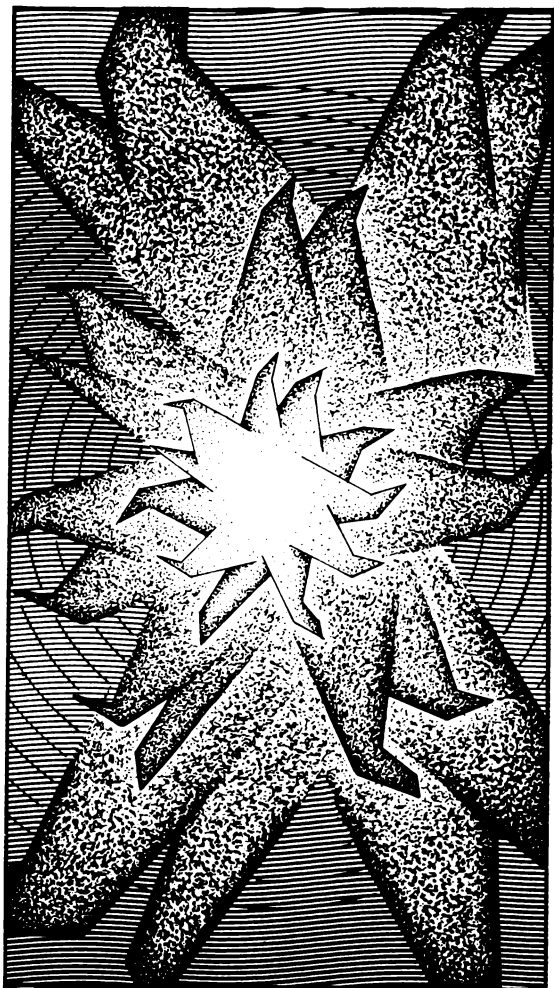
*You can easily fathom the
River of Existence,
You only have to open yourself to Truth.
This can be done by considering the
Following thoughts:*

*Existence is formless. It has no definite
Shape or color.
The Prism of Perception
Gives Existence the appearance of
Form and color.*



*The appearance of life is the way you see
The world.*

*This is caused by the Prism of your
Perception.*



*At death – when the prism of your
Perception breaks there will be nothing.
Nothing meaning not anything in Particular.*

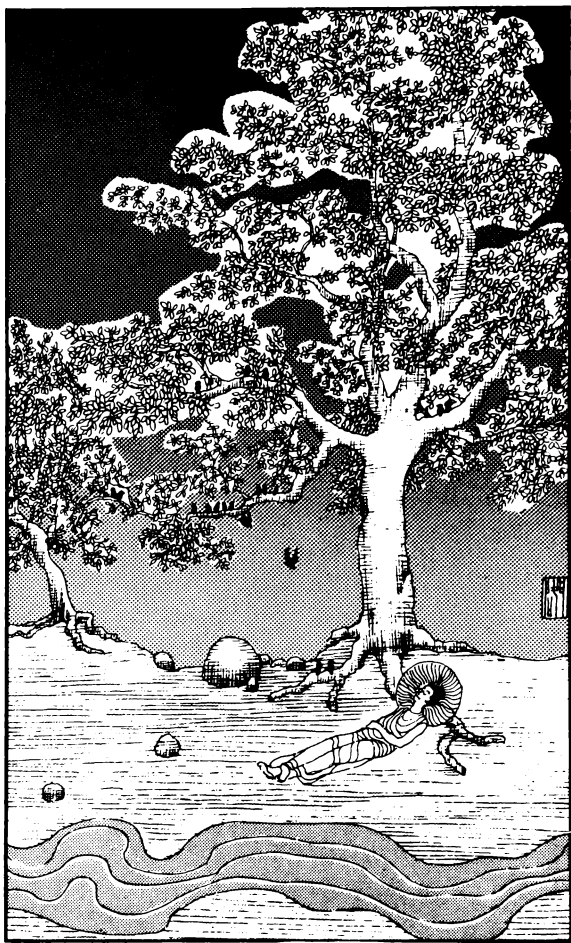


*In particular is the way you see things
Now.*

*You see particular things in particular
Time.*

*But if you could see as I do then you
Would see nothing in particular all of
The Time.*

*Noting that nothing in particular is
All of the Time – and that sometimes
There is something in Particular –
A particle caught up in time,
That is timeless time.*



-X-

*Time is complex.
You can understand this is no time.*

There is no time.

*There is also some time, plenty of time and
All of the time in the World.*

How much time to do you have?

*Let us look at the River of Life
And learn.*

The River of Life flows by.

Why does it flow?

Because we make it flow.

Poor, poor river.

It gets so tired because we are always

Making it flow.

*Just for a change why don't we
Stop Time.*

To stop time we don't have to

Physically die;

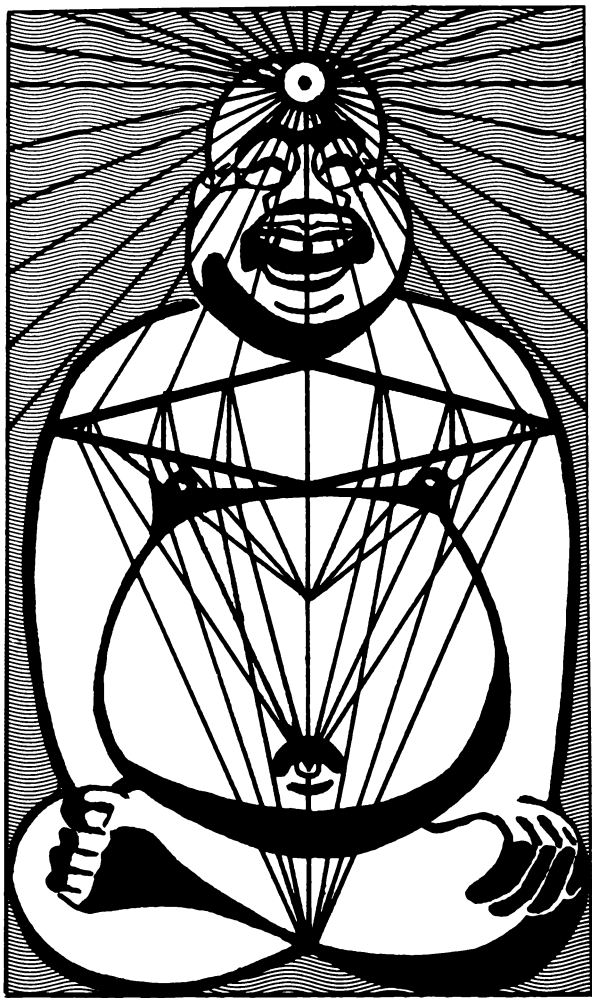
All we have to do to end time is to

Stop our thoughts.

*Then we will have stopped the
River of Life.*

Then the River can rest.





*Meditation is the cessation of
Thought.*

*When you stop your thoughts you
Break the Prism of Perception.*

*When the Prism is gone you will
See Eternity.*

-XI-

*Your time is very important. I realize that
And I don't want to take any more of your
Time than is absolutely necessary.*



*In the interest of Time let me quickly
Run this by you:*



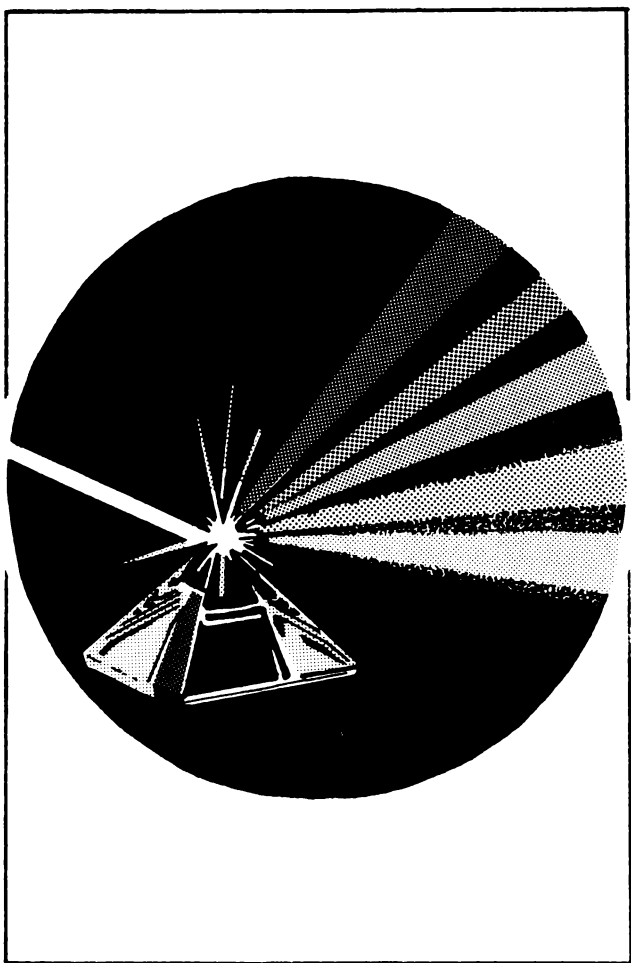
*You are not your body.
Your body is only an idea in your
Mind.*



*You are not your mind.
Your mind is only a feeling in your
Conscious awareness.*



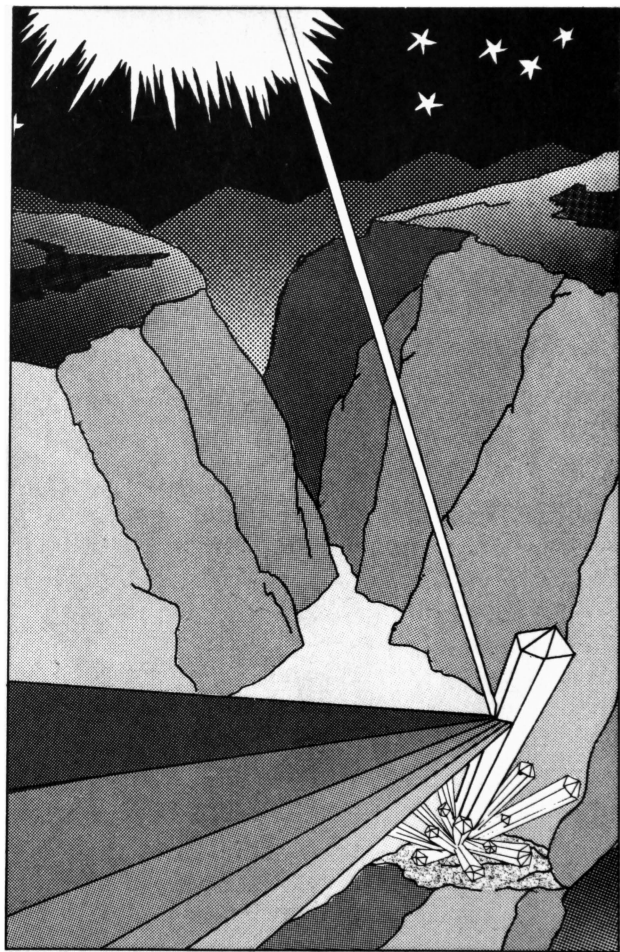
*You are not your conscious awareness.
Your conscious awareness is only a
Fragment of God's Perception of
Eternity.*



Remember the prism:

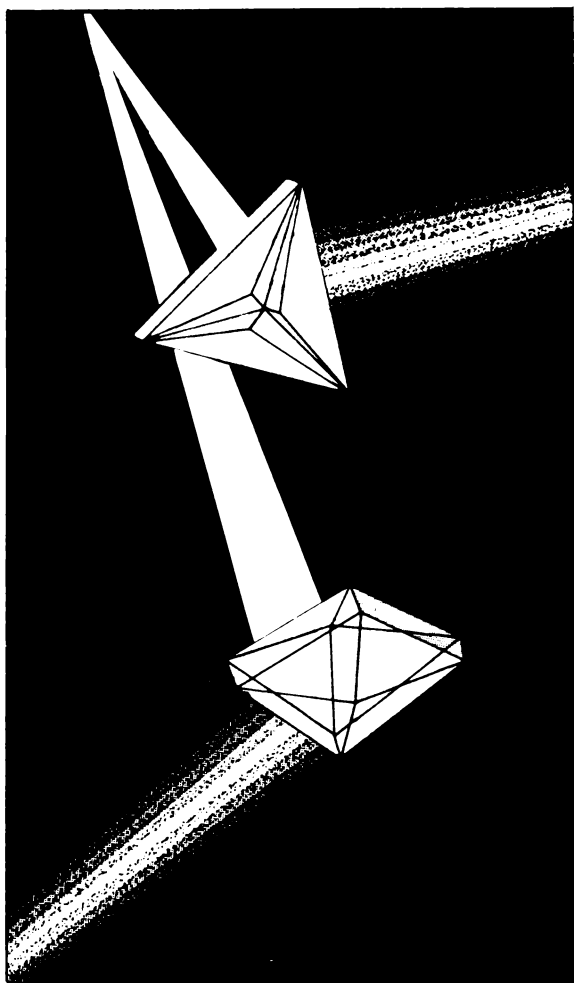
*A shaft of White Light passes through
It and is transformed into smaller
Colored lights.*

*Your body, mind, perceptions,
Memories, thoughts and feelings are all
Colored shafts of Light that have been
Refracted by the prism of your
Perception.*



*If we trace these shafts of colored Light
Back through the prism to their source
Then we will find the White Light of
Eternity.*

*What I am suggesting is that the Shaft
Of White Light, the Prism of your
Perception and the multi-colored hues
Which you call your existence are all
One.*



*If we stand back from a prism and
Watch a ray of white light enter into
It and then observe the multi-colored
Hues emanating from it,
We will see that there is no
Separation:
There is only one Light,
Unless we segregate it with our
Perception.*

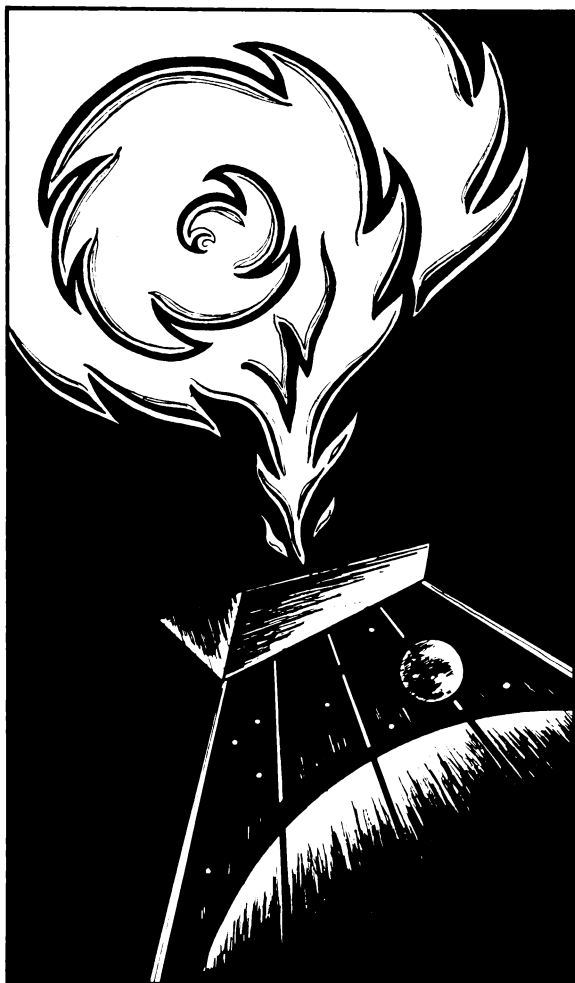
*But suppose the prism did something
More to the Light than simply refract
It?*

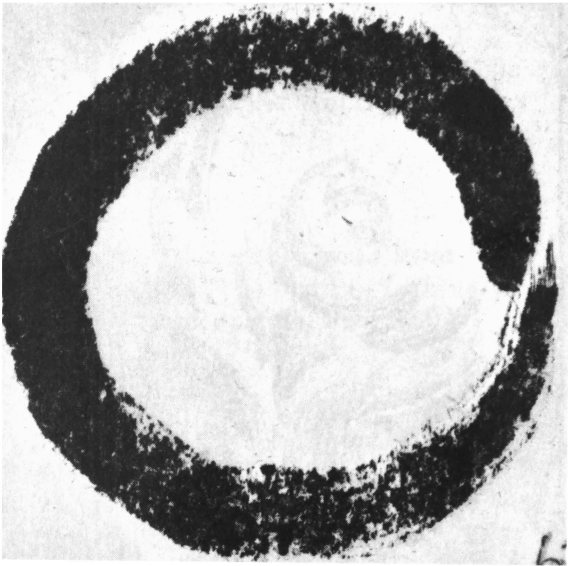
*Suppose the prism caused us to forget
about the White Shaft of Light that is
On the other side of the prism?*

*This is Maya. Maya means that
We have forgotten our Source and
True nature.*

*We have not only forgotten what we
Once were.
We have forgotten what we are
Right now.*

*Our Prism of Perception is the Prism of
Illusion.*





*If we smash the prism what will happen?
The refracted bars of colored Light
Will vanish.*

*Then what will remain?
The original shaft of White Light.*

*The mistake most people make is to
Suppose that the vision that they have
Of this world is correct and complete.
It is not.
It is at best a partial vision of Existence.
God and Eternity are just beyond the
Prism of your Perceptions.*

*Perception is the prism that causes you
To forget.*

*Life and Death are perceptions.
Beyond them is Light.
Hate and Fear are perceptions.
Beyond them is Light.*



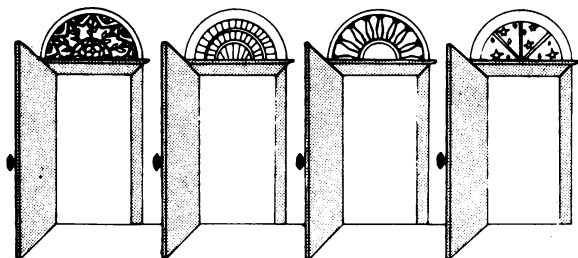
*You do not need to go beyond the
Prism of your perceptions, you already
Are. You need simply to become aware
Of this.*



-XII-

*Earlier I said that there are four
Frames through which we can
See Existence in its original formlessness.*

*Or it would be equally accurate to
Say that there are four doorways
Through which we can pass to reach
Eternity.*



*These doorways are Love, Self Giving,
Discrimination and Mysticism.*

*These are the four primary colors of Spiritual
Existence.*

*All Spiritual Paths are combinations and
Recombinations of these four ways.*



*Love is the easiest of the four ways.
Love is a mirror in which we see God.
God is the Self – our Eternal being.*

Whenever we love we go beyond time.

*Love is the chariot of emotion which takes
Us to our Beloved.
When we love we see beyond the
Prism of Illusion.*

*Love takes us through the Prism through
Emotional oneness.
When we love we see our oneness with
Others.*



*We – as one of the refracted lights –
Love the other Refracted Lights. As we
Love them, if we love truly and deeply,
We see the White Light of Truth in
Them. Seeing this reminds us that the
Same Light exists within us too.*

*When we see that it is the same Light,
The Prism disappears and we become
The White Light of Eternity.
As the Tibetans say: "Recognition is
Liberation."*



*Self Giving works in a similar way.
It changes our concept of our identity.
We have forgotten that we are Eternity.
We have the illusion of separativity.*

*This illusion is created by our ego.
It is our ego that tells us we are a
Separate body and mind caught up in
Time. This is simply not true!*

*Our ego convinces us that we have an
Existence that is separate from God's
Existence.*

*Thus the illusion of birth and death
Is created.*

*It is the illusion of separativity that
Causes all of the pain and suffering in
This world.*

*In deep meditation, when your mind
Becomes silent, the Ego dissolves.
When your ego dissolves the illusion of
Separativity ends. You realize that you
Are "one" with Everything.*

*When we give to others
Our unselfishness removes the spot of
"Self" that stained our awareness.*

*Our ego, which separates us from our
True identity, is gradually
Worn away.*

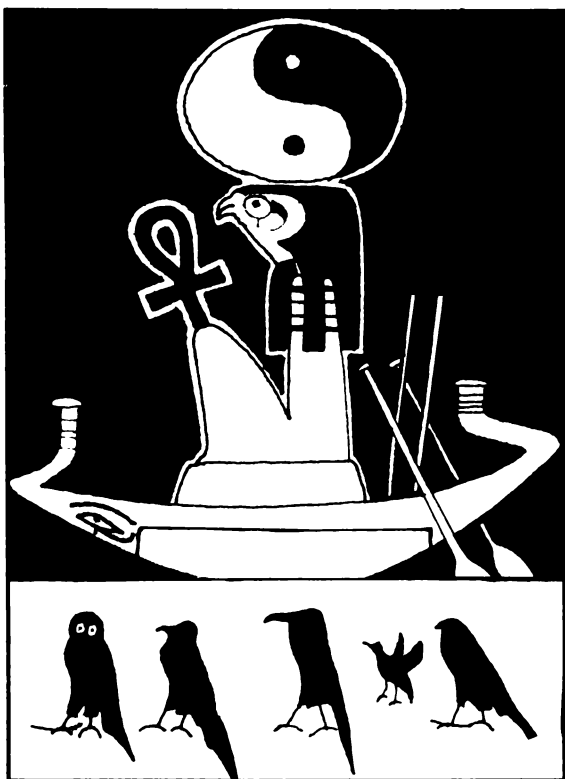
*We perceive that God is in all of those
We give to.*

*Then we see that the same God is
Within ourselves.*

*Finally we see that there is no one and
Nothing but God.*

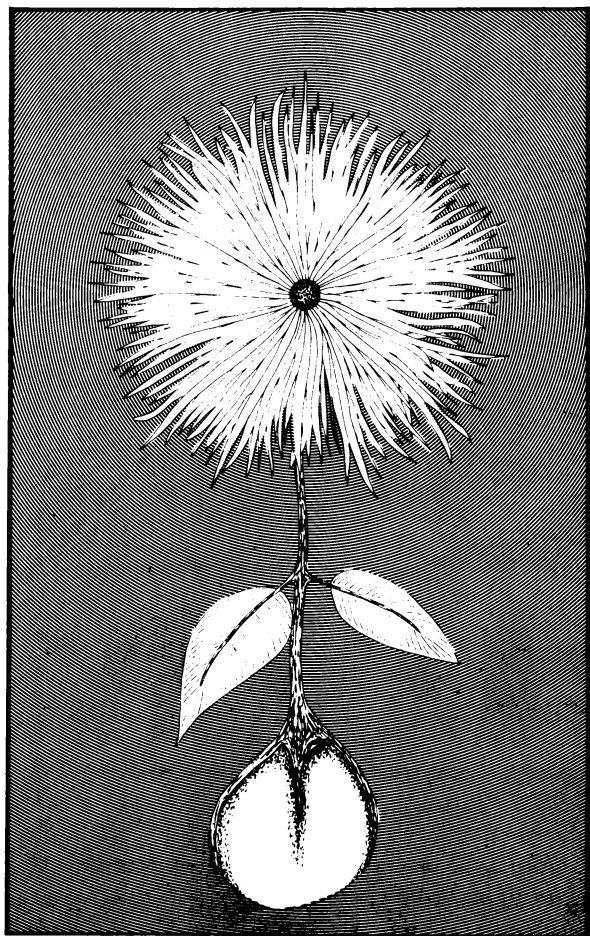


*Discrimination and Mysticism are the two
Remaining doorways.*



*Discrimination involves reflection and
Absorption.*

*When you discriminate you examine all of
The lights that the Prism of our Conscious
Awareness has created.*

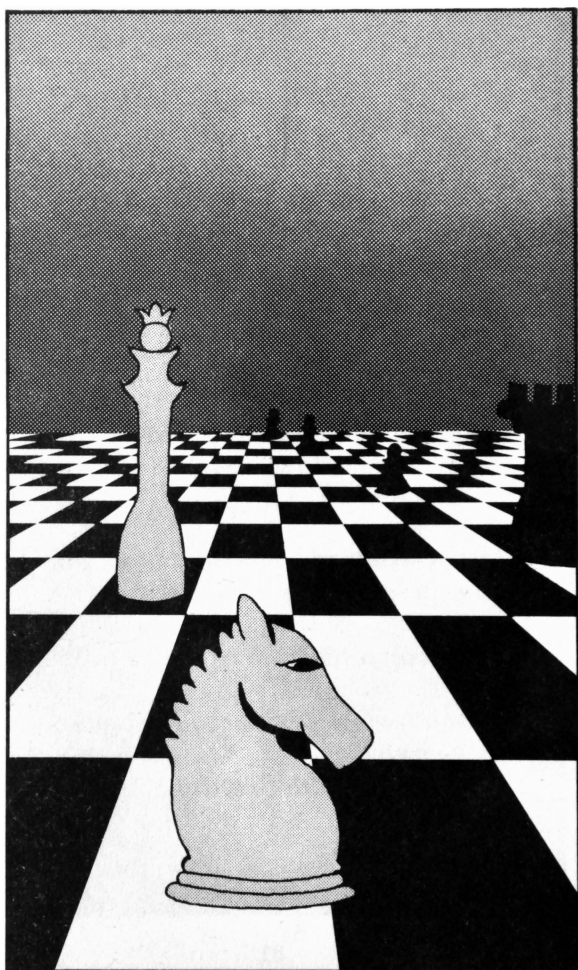


*You look at them closely and ask
Yourself if they are "real;" assuming that
That which is really real will last forever.
Naturally you see that they will not.
When the Prism of Perception breaks
They will vanish.*

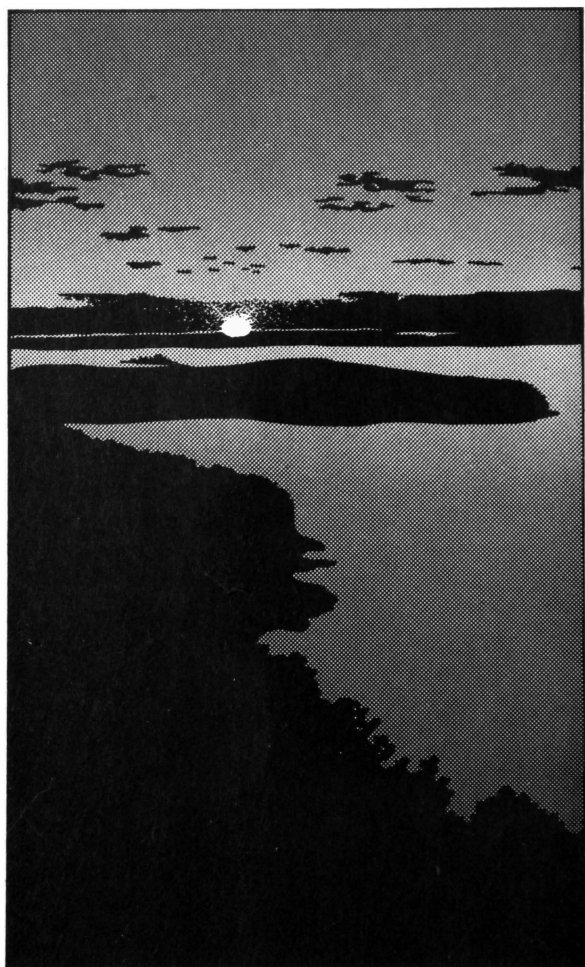
*With this knowledge you
Dissolve them;
You place the Prism of Perception in
Your mind and gradually erase all of
The colors of perception until only
Two are left.*

*The two perceptions that are left are
Your perception of yourself as a
Perceiver
And your perception of the Prism.*

*Smashing the Prism you dissolve
Yourself.
Two birds with one stone.*



*Mysticism is the hidden way.
It is the most difficult to discuss,
Because it involves the exploration of
Perceptual states which are difficult
To describe in words.*



*In Mysticism we deal with Dreaming and
the Fields of Perception.*

The idea is easy to understand.

All of life is a dream.

You are currently dreaming it.

You have dreamed everything that

You are and everything you are

Aware of.

You are asleep and have

Forgotten that you are

Dreaming.

You mistakenly

Believe you are

Awake.

*You have dreamed me into your dream
To awaken you*

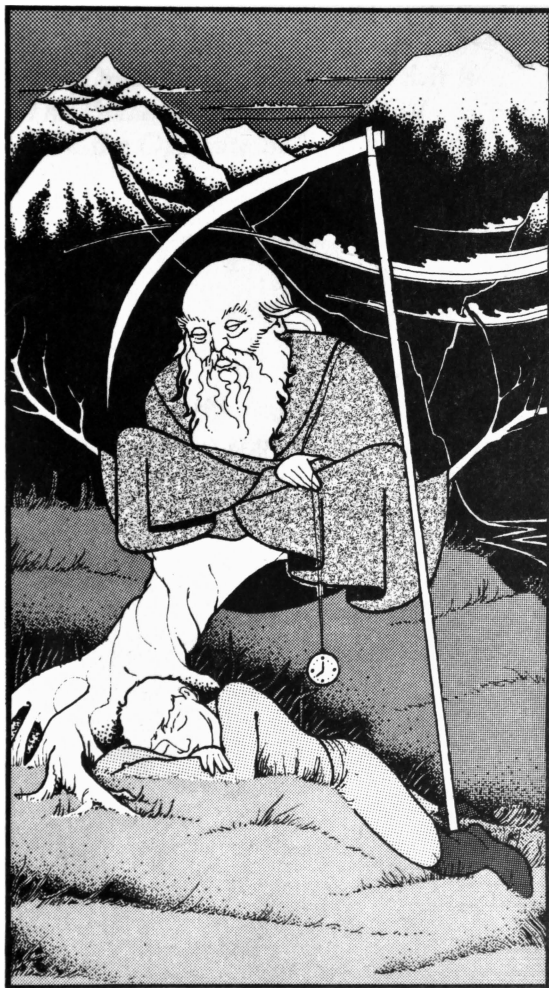
*From the Dreams of life, death and
Separativity.
You certainly do have strange dreams.*

The way to awaken is as follows:

*First you must realize that you are in a
Dream.*

*Then you must see that your current
Dream is a Nightmare.*

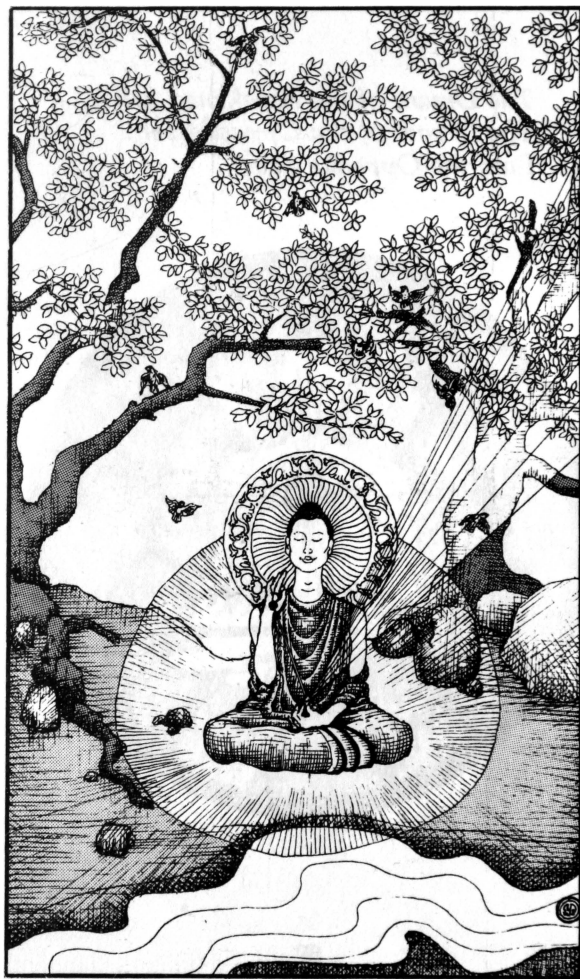
*Next, you need to dream nicer dreams.
I come from a world that is a
Much nicer dream.*



*There are three primary dreams:
They are the dreams of the
Sleeping Self, The Awakening Self and
The Awakened Self.*

*The Dream of the Awakened Self is
The Dream of the Opposite Self.
I am the Opposite Self.*





*You were dreaming the dream of the
Sleeping Self.*

This is the dream of separativity.

*The Sleeping Self is unaware of the
Prism of Awareness.*

*It only sees the colored hues of the
Transitory.*

*The Awakening Self is becoming aware
That there is a deeper Self that lies on
The other side of the
Prism of Perception.*

*It cannot see what is on the other side
Yet, but it accepts this idea.*

*The Dream of the Awakened Self is the
Perception of yourself as the White
Light of Eternity, The Prism of
Perception, and The multi-colored hues
of existence.*

This is salvikalpa samadhi.

Nirvikalpa samadhi is smashing the prism.

The entrance into Nirvana.



*Naturally all of this is just a way of talking,
A way of trying
To express the inexpressible.*

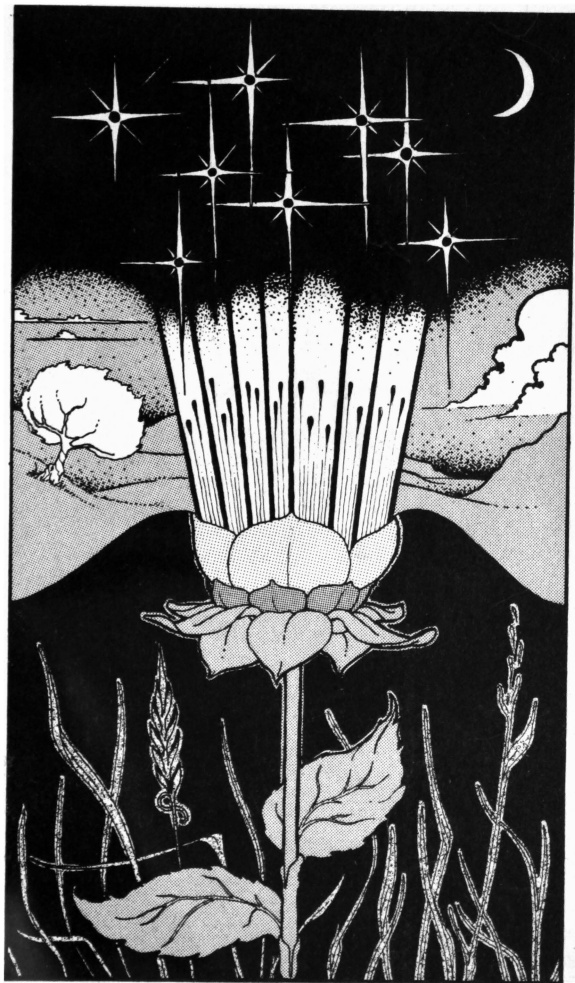
*Which brings us back to Dharma.
Hopefully this will be easier for you
To understand now.*

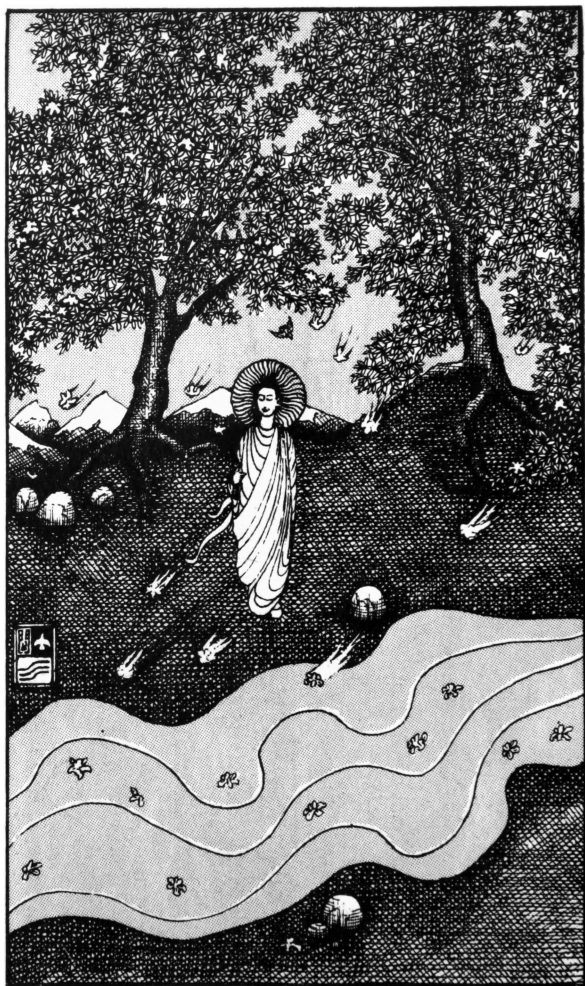
Dharma is the essential Truth.

*It is that which makes up the Shaft of
Light.*

*It is that which is the
Prism of Perception.*

*It is that which makes up the
Refracted Colors.*





*It is the two of us sitting here on the
Banks of the River of Existence.
We – two shafts of colored
Light – talking.
I your future,
You, not my past.*

*I have no past or future.
Only you do.
Or so you think---*

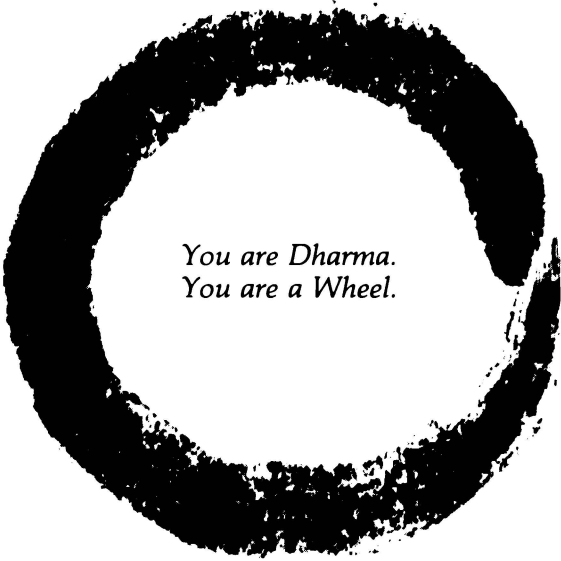


*Dharma is this Truth – the perception of
The Nature of Duality – the shafts of
Light – and non-duality – the one Light
From which the shafts of colored light
Come forth.*

*Dharma is the Truth that all of
Existence is.*

*It does not disagree with
Anything.*

*It is the perception of
Existence in its purest
Formlessness.*



*You are Dharma.
You are a Wheel.*

And the Wheel of Dharma Spins.

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