

Universal values and a way of life

As a Lifemaker aspiration

Introduction

This document lists the *aspirational* attributes the Lifemaker community is founded with, as per the foundation meet on 19th November, 2017 at East West Ashram in Chamunda area, Tang Narvana, Dharamsala, Himachal Pradesh, India. Some of us are illustrating upon the discussions. Artists and storytellers are invited to expand upon this.

These aspirations are aspirations and not boundation of any kind. It must not be taken as a compulsion, because in compulsion is no Freedom - which is one of our aspirations. This aspiration springs out of the free will of a Lifemaker.

Those who feel something is missing or questionable in this draft, are requested and welcome to help shed light on how this charter can improve to be *more inclusive, simple and sensible*. You can reach us at hello@lifemaker.us Your critique is most welcome.

This charter will be ever evolving through modifications by Lifemaker Core, as per the need of the time and new insights from the community. Yet the core aspirations of truthful inquiry, oneness and unconditional love must remain.

In Love and Light,
Lifemaker

~~~~~To silence, sound and peace~~~~~

## ~~~The Aspirations~~~

### Open Mindedness

- Unassuming and non-judgemental
- Neither cynically disbelieving, nor blindly believing
- Welcoming new or even conflicting thoughts.
- Being free from rigidity or fixated upon any thought or idea
- Happy to stand corrected

An open mind does not deny  
the possibility of the unseen,  
or unverified  
just because e-y-e didn't see it.  
Nor does it blindly believe,  
what the society says,  
or the wise Guru.  
An open mind explores openly,  
its own truth.

An open mind doesn't fixate or claim  
Of any finality, with any finality.  
Like  
"I am *this*.  
You are *that*."  
"That, Sir, is the best way forward.  
This is how it is.  
This is how it must be.  
That is how it will be.  
I am right and you are wrong.  
This is it!"

There is the attitude  
“Anything is possible.  
Anyone can be correct.  
I can be corrected.  
The Critic is my best friend.”

By the virtue of being open  
Such mind has no beginning nor end,  
no boundaries, no inside, or outside.

An open mind is a sponge,  
Always absorbing and integrating  
new knowledge, possibilities and ideas.

In this Mind’s limitlessness,  
can hold true as many perspectives,  
as in the sea of Life.

Free from rigidity  
in thought or conclusions,  
An open mind enjoys  
The bliss of being alive.

### **Loving unconditionally**

Like the waves from the sun  
fall as much on the leaf of grass  
as on to man,  
Love without discrimination,  
happens with the same intensity and nature,

across disagreement and conflict,  
across blood and not blood,  
across countryman or foreigner.  
That Sir, is real love,  
which knows no self interest or discrimination.

Like the laws of the universe are untouched,  
By forces of attraction and repulsion,  
Unaffected by separation, time and conditions,  
Love shines out from the heart of the lover  
Under all weather and conditions,  
in togetherness and separation.

When the heart has melted in love,  
Lovingly warm,  
There is no rigid, solid, cold and transactional you.  
There is no wall  
between me and you.  
It feels "as ONE"

Unbounded by expectations  
of appreciation, gifts or returns of any kind,  
the river of love,  
warm and unstoppable,  
pours out from your heart  
floods the throat,  
and flows out from the eyes.

Warm and ever flowing,  
is the river of Love  
taking in its embrace whoever comes along  
the stones, rocks, sand, animals, birds, plants,  
ashes, seeds, wood, leaves, flowers,

death, life, pain, pleasure,  
streams and rivers.

No matter what their content, background, culture,  
industry waste or nature,  
poison or medicine,  
lover or enemy,  
the river of love embraces all  
becoming bigger and bigger.

The MEGA river of love,  
growing with every stream that joins,  
unstoppable and eternal  
gushes its way through to the beloved ocean.

If you feel less love  
for the one who you loved a while ago,  
then it was perhaps,  
a relation for convenience or of attachment,  
misunderstood as Love.

It is not possible to love less than before,  
Because the river of love only knows how to grow.

## **Faith**

- Trusting the unknown and believing - "All is fine as it is, even though it can change for better".
- If something does not make sense, it means I can not see the full picture. All makes sense when in the "complete" picture.
- When there is a firm conviction that the larger Self (some say the Universe or the Almighty Self) is governing the ego-self and its needs, all the worries drop off like clouds blown away by the

wind. This is the end of all the struggles. The larger Self takes over.

## **SELFLESSNESS or (Surrender of the ego-self)**

(Also notes on Self at the bottom)

- Selflessness is the end of the association with the limited ego-self
- Selflessness is being established in Oneness. "All is Self. Self is all."

When the Self is realised that there is really no "non-self" or "others" which is separate from it, that there is really no inside and outside, it has awakened to its true nature. The ego-self dies while being alive.

- Selflessness gets reflected in loving compassion, undifferentiated love and service to all beings. There is no return desired from true service. Equal love is felt for all life forms, whether known or unknown.
- Selfless also gets reflected the sense of fairness, dutifulness and justice (Dharma), where the ego-self doesn't give any special treatment to itself or its near and dear ones. Indeed it surrenders all of itself to get melted in an outpour of unconditional Love. The Selfless One loves everyone and everything with the intensity of a mother for her own child.

- When the puppet realizes that it is indeed the puppeteer who has been pulling the strings all along, and will always do, it gives up its urge to be in control of the show or feel pride in "its performance". From then on, it dances selflessly in surrender. A pure and unobstructed expression of the puppeteer's Will, it talks, sways and moves with a newly discovered bliss. What an

indescribable beauty, and what a show! If you also see it, you will also go Halleluj

### **Gratefulness towards All That Is**

- The wave which has realised the ocean within sees the constant interchange of molecules between all waves and the ocean. It is grateful to all the other waves, for allowing it the pleasure of life experience in this moment, and the loan of the body to experience it. It is grateful for the piece of wood, an empty can of beans, a plastic wafer bag and the bottle, and a torn down letter of hope, the grains of sand, two crabs and the golden fish. The plastic bottle just hit the left front paw of the crab. It hurts the crabby a little. But nothing serious. Pain happens. And so does pleasure. It is enjoying its rising stride and the more it is growing the better it is feeling. It has fixed its sight on the shore - its end. As it marches towards it, all it can think of is to make a playful splash on those children by the beach! The crabs also hope for finding ample food on the shore. The puffer fish is quietly making it exit to the deeper ocean, for it needs to stay in water for now. In all this exchange with the ocean, sense of pain, joy, bliss and hope, marching towards its grand end, the wave feels grateful to the ocean and All That Is, for just being alive!

- The realised ego-self sees itself no separate from The One Self and All That Is. As the Self, it sees itself in All That Is and All That Is in itself. And as an ego-self in duality, it feels grateful towards Nature and All That Is, for letting it experience being Alive.

- A realised one has realized that All is One. In duality, one bends the head and folds the arms, to pay respect and gratitude to the Creator who is manifesting in everything there is. Hence such One has a grateful attitude towards All That Is. Isn't he then the Supreme Lord or Creator himself?

- thanking the food and life chain- the lettuce plant, the earth of your garden, (the rays of) the sun, the rain, the worms, the hands that plucked it and the ones that cooked it.
- Feeling gratitude towards All That Is, for letting you be.

### **Honesty**

- Having the fearlessness to be truthful to one's own self and others
- Admitting the clear truth, even if it means swallowing your pride or a personal loss.

### **Integrity**

- Consistency between thoughts, words and actions.
- Walking the talk

### **Sensitivity**

- Being attuned to sensing the subtle expressions, movements, hints and expressions happening in the present moment – Now.
- Also means being able to sense other's needs, feelings, emotions, expression.

### **Mindfulness (in silence, thoughts and actions)**

- Watching or sensing with every thought, action and experience that is happening Now
- Paying attention to attention. Being aware where the attention is, and strive to not get lost in the attention.

### **Fairness or Justice**

- Mutually fulfilling co-existence and interactions

### **Acceptance**



- Accepting yourself as who you are, in this moment, with love and tenderness
- Accepting others as they are, with love and tenderness
- Accepting life as what it is, with love and tenderness
- Taking the rollercoaster of life with an even stride gracefully and light heartedly.
- Not feeling repulsed, disgusted or frustrated by any event, situation, person, being or object, including yourself, your critic or enemy.
- Accepting whatever happens, whether “small” or big, and howsoever unfavorable, with grace and light heartedness
- Whatever happens, happens for at least one good reason which is learning. Karmic cause and effect could also be a reason. Knowing this, and having an open minded attitude for learning, helps in accepting the reality.
- Patience is acceptance applied.

### **Being Responsible**

- Knowing that “I am responsible for (the effect of) my actions”  
“You-didn’t-make-me-do-it”
- Absolute responsibility is living in the attitude “Can I do something to make the current situation better for everyone in it?”
- Doing the job perfectly and precisely with full commitment. Not allowing any envy, greed, disgust, shame, anger, delusion or fear get in the way of responsibility.
- Benefitting other beings selflessly is a universal responsibility
- The universe runs on co-existence. Cooperation with others for their benefit or for collective causes is hallmark of a responsible person.
- Accepting criticism in a positive and humble way is another universal responsibility.
- Living life sincerely by the way of this charter is a LifeMaker’s responsibility.

- One may fail at fulfilling one's responsibility, but mistakes are made up for by applying learning and not remorse.

## **Humility**

- Having no sense of comparison at all. Never feeling superior or inferior to anyone or anything.
- Not to treat others as inferior, or yourself as superior, for not having the talents that you have. Accepting your talents with grateful heart and giving them freely to serve others without expectations.
- Also means acknowledging lacking in any area and giving way to someone better to do the job if needed.
- An attitude that "I am as importance as a spec of sand in the sea or dust in the air. Everything and everyone is playing an equally important role in existence"
- An attitude of a constant learner who says "I know nothing." "I am nothing"
- "Being shy of ego-appreciation."
- "It is not me doing this. It's the Nature doing her work through me."
- Humility is the sweet spot where pride of the ego ends and softness of surrender of ego begins
- Being soft and respectful to others, even when they appear to be wrong or mistaken
- An attitude in life where the head is slightly bent forward, and hands folded in front of the heart with smile and respect.

## **Positive criticism**

- Being constructive, truthful and humble in giving or receiving criticism
- Critiquing rather than criticising.
- Not shying away from critiquing when feedback to other is necessary.

- True love is not only cuddles but also open exchange and honest feedback. Call it “tough love”

### **Effective Communication –**

- The purpose of communication is to mutually see the same page. So firstly communication has to be mutual, and not one sided.
- Speaker speaks in a way the listener can understand and relate to. The listener listens well, to understand where the speaker is coming from. No one is obstructing each other or getting distracted in parallel thoughts.
- Empathy, respect and mindful attention are necessary for effective communication.

### **Positivity**

Looking at the brighter side of life,  
on the loving side of the enemy,  
on the flowery side of the rose,  
on the regeneration from fire,  
the healing side of a bitter medicine.

Being happy and optimistic, in every situation,  
like the lotus flower untouched by the mud.

Reminding oneself

“All is how it is meant to be.

It is happening for good reason.

All is well.

What I am doing in the Now,

is planting the seed for the future.

What can I do to make it better?”

## **Curiosity**

- First and foremost curiosity must be to know OneSelf “Who am I”
- Urge and excitement to try new experience and see how it feels! Like a child.
- Exploration of curiosity requires letting go of the fear of the unknown
- Urge to investigate, explore and uncover truth, like Sherlock Holmes or The Famous Five!
- Curiosity is useless without the courage to follow through the rabbit hole and discover what’s there in the dark.

## **Patience**

- Being free of any expectations in or from this moment. *Accepting reality as it is, in this moment.* Knowing the present is the womb of the future, being ready to wait endlessly, or perhaps in futility, for the moment when the seed will sprout or become a grown tree.

## **Critical thinking**

- Where there is neither cynical disbelieving nor blind believing.
- Thinking free from feelings or emotions or bias.
- An objective and impersonal inquiry
- Finding answers outside the box
- Learning to use all the resources to solve a problem.

## **Giving, serving, sharing**

- Giving and sharing unconditionally, with open heart and balanced mind, without any expectation of return or fruits from the action.

- Do the good and drown the act in the sea. Basically forget about it.
- A sense of selfless service where the individual self simply wants to serve the “other”, and only out of their own love, and no expectation in return.
- Also the golden rule of the Universe applies. A beautiful song in the Rainbow gatherings -

“The more that I give, the more I got to give.  
It is the way that I live, is what I am living for.”

### **Kindness and compassion**

- Feeling concern, and taking care for others in the same way as you would do for your ego-self or your ego-self’s family
- Love flowing outwards to others.
- Kindness is a direct symptom of floating in Oneness

### **Respectfulness**

- politeness and softness in speech and actions
- speech, thought or action that doesn’t hurt or look down upon anyone, or violates their wish or consent.

### **creativity**

- Putting the sexual or creative energy to good use, either to make life or to make something meaningful for life.
- creativity is channelised from a source deep within, which activates in moments of silence and ease, rather than by an obsessed mind in thoughts.

### **Freedom**

- Independence from shackles of the conditioned mind.

- Be a knower and master. Not a follower.
- it does not mean doing what you want without considering co-existence
- Non-attachment or fixation to ego-self, any thought or relationship
- Flowing free with the flow

### **Non-possessiveness**

- Any individual or group doesn't, and can't really, own anything or anyone, including relationships.
- Giving freedom
- Freeing yourself from the idea that "I possess this, while others don't" Who owned the land before your human ancestors started farming there? Who gave the first ancestor the right to "own it" at other's cost? Does the earthworm have less right over this land than you?
- Whatever we have on Earth, including the body, is loaned to us by Mother Nature. It belongs to no one, or every one.
- Being grateful for all that is loaned to you and using it for the every being's benefit, rather than personal gains.

### **Equality or no comparison**

- No life form is superior to the other. Indeed all the diversity exists in the Unity. Just like there is no reason to say one drop of ocean is superior than the other, because both are indeed the ocean, why compare one manifestation of the same Self to another, one being to another?
- All is equally important in the natural scheme of Existence. Every rock, every pebble and every grain of sand is present here for a unique and indispensable role.

### **Contemplation**

- Applying conscious thought to evaluate the nature of Self or any situation or question in life, in an open minded, impartial and objective manner.
- Conscious thinking upon the nature of Self, death and birth; evaluation of your own Self – its actions, weakness, mindset and learning; best approach for any situation or purpose.
- Thinking that is very conscious, and not involuntary, as we are used to.

### **Inner peacefulness**

- Finding harmony in yourself between life's trials and tribulations.
- Finding and staying with your center
- When the winds of thoughts will wantonly rush in all directions, making waves clash into each other, the ocean will not be at peace. When there is no contradiction between two thoughts, or even better when there is no random thought at all, there is a great degree of peace.
- In between any two thoughts, in the space called silence, is the seat of absolute and greatest peace.
- Mostly residing in the space between the thoughts, the Master of the Self enjoys the bliss of silence, while the waves of thoughts rise and fall. He is detached from the waves. The unnecessary and unworthy thoughts are ignored and subside as soon as they are born. But sometimes, his attention is grabbed by a certain wave. It must be a wave deserving conscious attention. Since every thought followed upon, is a conscious contemplation, it has tremendous force and intensity.
- When the sea of mind has no conflicting waves of thought

When the Self is riding the Ferrari called Mind, rather than the thoughts steering the vehicle in random directions, it enjoys the

ride - the music from stereo, the wind, the sights and the thrill of the journey, with great inner peace.

### **Outer peacefulness (or non-violence)**

- Violence is harm caused to someone.  
- *Violence done for ego-self's greed, hatred, envy or entertainment is the worst kind of violence.* This can not generate any happiness, but only pain for the doer and the receiver. A compassionate heart and wise mind will not do harm to any living being for the aforementioned reasons.

- When there is peace inside, how can one be violent outside?

- Absolute non-violence will be not hurting anything or anyone under any conditions, even for your food or survival. But this is not practical for most of us today. We can, in the least, respect the food we eat and the body we have to live in.

- Violence happens not only in actions but thoughts and words. We can be vicious and violent to others with just a angry glance or a knife like speech.

Then, in some cases violence may be the only unescapable viable option.

\*When protecting Dharma - the collective, impersonal interest.

The ego-self is only a miniscule part of the collective One Self. In protecting Dharma, the ego-self takes a stand for Collective benefit, without any attachment, even at ego-self's loss. To protect collective good, one may have to harm a predatory being which poses threat to the Collective. If every human impersonally protects collective good, will all of us not be happy together?



\* Self protection - Every beings divine right to protect it's life! But should it be done at the cost of Dharma?

\*Food -

The food of one is death of another. This law of nature is unavoidable. This violence can be negated by gratitude and respect to life. Even animals don't eat more than what their stomach needs. We humans can not only do that but even more! When the food is plucked with love, cooked with love and eaten with love, in moderation and with gratitude to nature, the transition of life from one form to another is warm, pleasurable and truly healthy! It is a fusion - end of separation between the food and the one to eat.

In human history, some humans are claimed to have lived for years without eating anything solid, even plants - as it may hurt them. They probably lived from the rays of the sun or some regenerative resource within. This may sound like a ridiculous claim. But if possible, wouldn't it be wonderful to live without harming any sentient being at all?!

## **Health**

- What does being fit mean? The one who is completely fit has no pain, no stress, no discomfort and enjoys a lightness of being

- Being fit physically, energetically, emotionally and mentally. The one who is mentally fit even in physical or emotional pain, will recognise the pain as it is and not feel "bad" about it. In such state, pain does not remain "the pain as we know" anymore.

- Health applies not only to each ego-self, but also to group dynamics. Is a group healthy together emotionally and energetically?

- Health or lack of health can be anywhere - inside and outside, in abstract and in matter, in person and in society.

- Is it not worthy of respect - the sacrifice of one's life for another one to stay alive? What we eat is what we become.

Take yourself on a flight of imagination to feel the pain, depression and desperation of industry meat and poultry animals. Compare the joy in eating a suffering animal's carcass to eating the savory orange that just fell on your lap as a gift from a tree in the wilderness.

### **Light heartedness**

- A space of inner joy where One feels easy going, humorous and loving. Basically One is having a good time here :)

- A light hearted person enjoys the present. Full of bliss one is just like a child!

- To consider and live life with ease

- Desperation makes One stubborn, closed minded and maybe even sullen. One who is light hearted, is at ease and is making others feel at ease. A space of ease doesn't mean laziness or irresponsibility. It means the space of no desperation, desire or impatience. It is the space of inner joy and amazement! The space every new born is born from. A space that is accessible right Now. This is loving Home.

### **Intensity**

- Burning as big flame

- Applying great energy

### **Fearlessness**

- Readiness to jump from the cliff with the glider of freedom.

- First you face the fear. Then you become fearless.

- Only the One who has nothing to lose can be truly fearless.

## **Discipline**

- Discipline is not meant as the daily timely routine. It is just the outer shell of discipline. Real discipline is *within*. It is putting life on the line for what One stands for in this moment. It means consistent and precise application of Will to fulfill One's Dharma (social duty, ethical responsibility) or any fulfilling pursuit or desire (that which isn't violent to the Self - "either ego-self or any of All That Is")
- *Will is the force of desire*. Will is what makes Energy move. Stronger the desire, stronger is the Will applied.

~~~To Knowing~~~

~~~Notes on Self~~~

When there is deep sleep, there is no thought, no experience, no Self - No-thing. No "I". In deep sleep, there is No-thingness.

Then out of nowhere, from this no-thingness, a thought starts to arise. Like the Big Bang. In the pond of no-thingness, arises a ripple of a wave. The pond is now experiencing the wave, and the wave is experiencing the pond. From the No-thingness, now there is a wave and there is the pond. This wave is the "I" thought.

While the wave is, does it remember where it came from, what it is and where will it go back? Does it remember that it came from the pond, that it is existing only *in the pond*, that it will go back to the pond, and that *it is the pond itself*?

When the dreaming Self (the wave) remembers that it is the pond itself, it has awakened in its dream. It knows that whatever is the

content, velocity, shape and evolution of this wave, the wave is the pond and pond is the wave.

“All is Self and Self is all.” The awakened Self sees Self in everything and everything in Self.

On the other hand, the wave which has forgotten its real nature, lives in duality, disconnected from the rest of the existence, “in thought”. There is the Me thought, and there is the Rest (World) thought. The Self can be called asleep when it believes this apparent but unreal duality to be real.

The awake Self is aware that it sprung into this state of Experience from that Source which exists in deep sleep, as much as in dreams or in awake Reality. The awake Self lives as the non-dual Self in the duality, until the I thought goes back to the Source – No-thingness.