

Attuning to the Teachings of Buddhism

by Darvesha Victoria McDonald



The promise of the Buddha, and all lineages of Buddhism, is liberation from suffering. This liberation comes through the understanding of impermanence and interdependence.

Such understanding frees one from fixation and rigidity, releasing him/her into the Fearless State, where “nothing is to be clung to; nothing whatsoever” (the Buddha); a state empty of preconceptions, ideas and bias. Lightness, fluidity, and ease of being are the spontaneous manifestations of this realization, and this is what would be reflected in the voice and movement of one who has such attainment, or is so attuned.

Any experience, pleasant or unpleasant, is skillfully utilized for the transformation of consciousness. Even unhappy feelings and difficult situations can be embraced, since they, too, reveal the impermanent and relative nature of reality. Seeing clearly into this nature is what sets one free, and brings true happiness. No matter what arises, one who is so attuned, is grateful and joyful to be on the path toward liberation.

The sublime is beyond the grasp of concepts and language, but, at the same time, is only ever encountered deep within the pulsing heart of what is happening here and now. In Buddhist practice, one finds oneself in the center of one's own awareness. Here is where one comes to directly experience the interdependent nature of reality. And in this understanding is the heart of compassion.

With this experience comes the realization that one's own ‘self-interest’ is no different from that which is best for the Whole. A kind of grace arises, releasing one into effortless action, on behalf of all.

It is said that anyone who wants to become free in order to benefit all beings will be granted their wish. In order to attune to a Buddhist-inspired Dance, a dance leader could begin by setting an intention that the Dance be of benefit to all beings. Likewise, they could seal the Dance, at the end, with the same dedication.

May all beings see clearly. May all being be free.