

Illuminating Tara's Clear Light – A Commentary  
5 – Interdependence

We have explored  
the **FIRST** noble truth of stress  
and the **SECOND** noble truth  
of how we exacerbate it.

Illuminating Tara's Clear Light – A Commentary  
5 – Interdependence

Now let us turn our attention  
to the **THIRD** noble truth  
that this duality of dread and desire

does **NOT** have to dominate us  
utterly, absolutely, and eternally;  
but, that rather, a liberation is available.

Illuminating Tara's Clear Light – A Commentary  
5 – Interdependence

No this is **NOT** a liberation  
from the mere impulses of dread and desire  
**BUT** rather a liberation  
from their tyranny.

Illuminating Tara's Clear Light – A Commentary  
5 – Interdependence

But how are we to access  
this liberation?

Are we to turn  
to a real or imagined etheric entity  
in belief, ritual, and supplication  
like some great celestial Santa Claus?

Illuminating Tara's Clear Light – A Commentary  
5 – Interdependence

No,  
not at all,  
not even a little bit.

For we are not helpless bits of cork  
tossed about by an ocean  
ferocious and vast.

Illuminating Tara's Clear Light – A Commentary  
5 – Interdependence

The **FOURTH** noble truth teaches us  
that we can make interdependence  
work for us  
*(as a refreshing change of pace);*

simply by mastering the Buddha's  
eight-fold path.

Illuminating Tara's Clear Light – A Commentary  
5 – Interdependence

But what could we mean  
by mastery?

When we practice  
the eight-fold path  
spontaneously, habitually,  
easily, and effectively

Illuminating Tara's Clear Light – A Commentary  
5 – Interdependence

then we will have mastered  
the Buddha's enlightenment.



Illuminating Tara's Clear Light – A Commentary  
5 – Interdependence

For creatures  
such as ourselves  
with but four fingers and one thumb  
upon each hand

the idea of eight  
could seem a trifle befuddling,

Illuminating Tara's Clear Light – A Commentary  
5 – Interdependence

fortunately  
wiser folk than I  
have organized the eight fold path  
  
into the three bite-sized pieces  
of view, meditation, and action.

Illuminating Tara's Clear Light – A Commentary  
5 – Interdependence

We could master  
a liberating **VIEW** of reality  
by actively contemplating

**FIRST** – letting-go  
and **SECOND** – love.

Illuminating Tara's Clear Light – A Commentary  
5 – Interdependence

We could master liberating **ACTIONS**  
by practicing

**THIRD** – kind communication  
**FOURTH** – kind conduct  
and **FIFTH** – kind commerce.

Illuminating Tara's Clear Light – A Commentary  
5 – Interdependence

Notice how fifty percent  
of the Buddha's eight-fold path  
pertains to love and kindness.  
This cannot be faked.

Illuminating Tara's Clear Light – A Commentary  
5 – Interdependence

For if we avoid cruel deeds  
out of dread of punishment  
and perform kind acts  
out of desire for rewards

Illuminating Tara's Clear Light – A Commentary  
5 – Interdependence

this transactional motivation  
is self-serving  
and will only serve  
to dig us deeper

Illuminating Tara's Clear Light – A Commentary  
5 – Interdependence

into the pit  
of the domineering duality  
of dread and desire.



Illuminating Tara's Clear Light – A Commentary  
5 – Interdependence

As healthy mammals  
neither born as psychopaths  
nor conditioned to be sociopaths

our midbrains each come factory installed  
with an anterior gyrate  
and a firmament of mirror neurons

Illuminating Tara's Clear Light – A Commentary  
5 – Interdependence

rendering us truly wired  
for compassion and cooperation  
as opposed  
to competition and cruelty.

Illuminating Tara's Clear Light – A Commentary  
5 – Interdependence

We could master liberating MEDITATION  
through SIXTH – joyful enthusiasm,  
SEVENTH – mindfulness  
*(passive, vulnerable, and non-conceptual)*

Illuminating Tara's Clear Light – A Commentary  
5 – Interdependence

and EIGHTH – meditation  
*(that is physically relaxing  
and mentally releasing).*

Illuminating Tara's Clear Light – A Commentary  
5 – Interdependence

Our practice of the four noble truths and the eight-fold path, does NOT occur independently, in a vacuum: sterile and silent.

That is why we chant:

“independence is but an illú<sup>u</sup>sion,”.

Illuminating Tara's Clear Light – A Commentary  
5 – Interdependence