

Visualize the Positive

By Jindati Doelter

“The world will not evolve past its current state of crisis by using the same thinking that created the situation”

– Albert Einstein



On a planet besieged by ecological horrors, economic collapse and genocidal nightmares, it is easy to succumb to extreme pessimism, even despair. But it is precisely because of the intense negativities of our age that positive visualization is so important.

National Public Radio was interviewing people about what their plans were for the weekend. One guy said he was going to a party with a futuristic theme. Everyone was to wear a robot outfit and conversation would revolve around how people in 50 years would be talking, their problems, concerns and enjoyments.

In Buddhism aspiration prayers are essential. Aspiration is determining our future. Right now the world is at a pivotal point in time. The recent economic meltdown could be seen as dakas and dakinis dancing on, trampling, wrathfully destroying the old structures.

America has a new, fresh, black president. This is the first time ever, that I know of, that people were wildly celebrating a new American president on Election Day in the streets in spontaneous parades worldwide. What a victory for the Civil Rights Movement! Americans are proud again to be Americans. The phrase “only in America – the land of endless possibilities” has renewed meaning. Most people felt a bit better, waking up the morning after election, somewhat purified.

At this pivotal juncture in history, we as Buddhists can be at the forefront

of rewiring our brains and renewing our society. We all need a new way of thinking. Now we have the opportunity to throw out the old concepts.

Throw out the doomsday theories.

What I always liked about Buddhism is that there is no fate. In the Kalachakra Tantra we find predictions of degenerate times and the collapse of society. They could be viewed as probabilities or likelihoods, indicating one of many futures rather than absolutes. I was taught that every day, minute, second, we have a new slate. We create our world. There are no predictions, dogmas, astrological charts that we have to abide by. We are making our own world and we are our own therapists. You can't nail down a color, you can't nail down karma. Every moment we can turn it around.

Don't be discouraged when people tell you you're naïve and the first one who couldn't handle it when the world doesn't turn out to match your visualization. It doesn't matter; it's only your and your teacher's business how you deal with the ups and downs of cyclic existence.

As long as we keep visualizing a world we'd love to live in, eventually the seed will ripen, the mandala will manifest.

This is the audacity of hope. ☸

Jindati Doelter met Lama Yeshe and Lama Zopa Rinpoche in 1981. She lives in Pagosa Springs, Colorado and works as a consultant designer.

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