

The Triad of Being

For the Asharum Nijar, Yoginâm designed and donated at the occasion of his 75th birthday, as a symbol of Nâm, the Triad of Being; a piece of art that symbolises the human nature.

The Triad represents a deep realisation in the simplest of forms.

The root corner of 90 degrees symbolises the Non-Being, in which everything is rooted. It is what in sound is represented by A-B-B-A-H, and the same which, as a concept of orientation, is called Awareness. It is the ultimate and infinite unknowing in which everything is rooted, and which is expressed in everything as its most intimate nature.

The two corners of 45 degrees represent respectively Not-Being and Being, whereby the Not-Being touches the earth and Being stands out in the sky. Being represents everything that is affirmed as positive or liked. Not-being represents everything that is denied as negative, or disliked. Human living moves from earth to heaven, better to be understood as the Journey of the Return.

As the human kind of being we move between not-being and being in everything we do, think, feel and with the direction we give to life. A tree is only a tree in the affirmation that it is not something else. Opinions, ideas, beliefs and ideals are all somewhere between being and not-being, as two poles, so are emotions and even the phenomena of the physical world that we perceive. The relationship between not-being and being is utterly subjective, contingent and essentially virtual.

Being and Not-Being only assume a meaning as an expression of Non-Being, in the same way as the symbols of Yin and Yang are only meaningful in relation to Tai Chi, the circle, in which they are

represented. Asha assumes its meaning only in its expression of Abbah.

Non-Being is the Awareness that gives reality Experience. This makes Awareness the creator of Experience. We share in this creation by means of Creative Imagination; the inherent creative nature of Awareness, when it is expressed in living.

The Triad is a living symbol that only assumes fully its significance by ascending and descending it. It is only by the grace of Non-Being that the fluctuations between Being and Not-Being are possible. Hidden within these fluctuations is the Task of Human Living. This Task entails the Attunement of Experience to Awareness; Being and Not-Being to Non-Being; or Asha to Abbah.

Ascending and descending the Triad of Being is a Nâm instrument of realisation. All our opinions, beliefs and therefore our illusions and attachments are variations of Being and Not-Being; affirming and denying; embracing and avoiding; liking and disliking. They are however always relative to Non-Being, in other words they melt in Abbah. This is the ultimate realisation.

The Triad of Being is a strong transformative instrument and a vehicle for the realisation of the true nature of being human. It is a focal point on the Meditation Walk in the garden of the Asharum in Nijar.

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