

here, for a sage who dwells in the forest:

Gloss 14. A hermit who retires to the jungles and lives in a forest, when becoming a Yogi.

“Julai” is said to be another name for the Buddha, either the historical Siddhartha Gautama or any of the great souls who have attained the buddhic enlightenment. It is like *Thatāgata*, a title meaning literally “one who has thus gone or arrived,” that is, gone over the river of illusory *samsāra* to arrive at the Truth of *nirvāna*.

Gloss 15. *Julai*, the Chinese name for *Thatāgata*, a title applied to every Buddha.

Verse 134 ends with a gloss emphasizing the basic point made throughout all of these verses, namely, that enlightenment is not for the isolated individual. It requires sharing its benefits with all humanity:

Gloss 16. All the Northern and Southern traditions agree in showing Buddha quitting his solitude as soon as He had resolved the problem of life — i.e., received the inner enlightenment — and teaching mankind publicly.

C. MEDITATION.

1. Think of yourself as connected with all other people in the world. You may imagine yourself as clasping hands with two others, who in turn clasp hands with yet others, until the entire globe is united by people holding hands in a living chain. Or you may envision a network around the planet, each knot in the network a person — you, one of them — and the cords of the network the connections that link us all.

2. Envision one of the images mentioned above: the eye of calm in the midst of a hurricane, a lamp whose wick and oil are trimmed and cleaned but whose flame burns steadily, a tree whose branches are swayed by the wind but whose trunk is firm, or a mountain lake, ruffled on the surface but limpid and still beneath. Identify yourself with that image.

3. Contemplate the Buddha as a model for life. He left luxuriant comfort for the life of a homeless ascetic; then he found the middle way beneath the Tree of Wisdom, and immediately returned to the life of the world to be in, but not of, it and to teach all beings that all of us can enter the same light he found.