

**“I Am Large”**

**An EcoDharma  
practice: generative  
expansion,  
contraction, and  
action**

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Eco-Dharma Exploration

One Earth Sangha

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The past and present  
wilt—I have fill'd  
them, emptied them.

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And proceed to fill my  
next fold of the future

...

Image by [Annette](#) from [Pixabay](#)



Do I contradict myself?  
Very well then I  
contradict myself,

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(I am large, I contain  
multitudes.)

From Walt Whitman's "Song of Myself, 51"

Published 1855

<https://poets.org/poem/song-myself-51>

Image, elephant eye, by [Pexels](#) from [Pixabay](#)



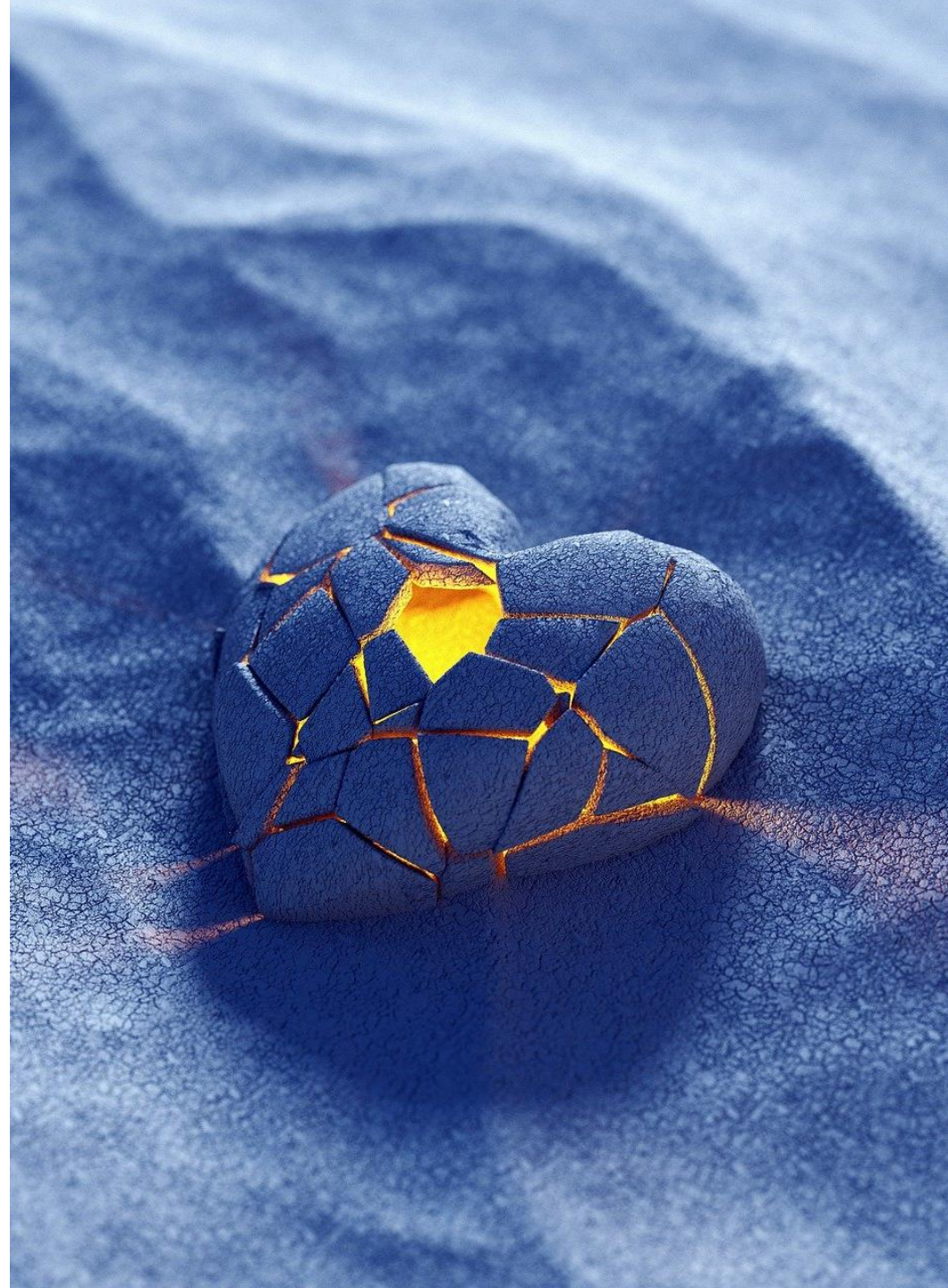
From “On another panel about climate, they ask me to sell the future and all I’ve got is a love poem” by Pakistani-American climate justice and human rights advocate Ayisha Siddiqa

Image by [愚木混株 Cdd20](#) from [Pixabay](#)

...Love is still the only revenge. It grows each time the earth is set on fire.

But for what it’s worth, I’d do this again...Commit to life unto life, as the trees fall and take us with them.

I’d follow love into extinction.



Karaniya Metta Sutta

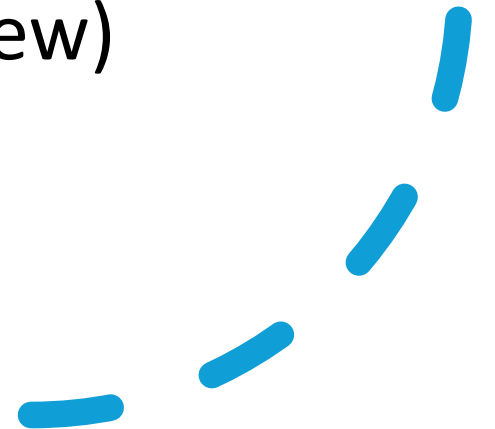


Even as a mother protects with her life  
Her child, her only child,  
So with a boundless heart  
Should one cherish all living beings;  
Radiating kindness over the entire world:  
Spreading upwards to the skies, And downwards to the depths;  
Outwards and unbounded,  
Freed from hatred and ill-will.

Karaniya Metta Sutta: The Buddha's Words on Loving-Kindness  
translated from the Pali by  
The Amaravati Sangha

# “I Am Large” 3-Step Somatic- based Practice

- generative expansion: “zoom out”
- contraction: “zoom back in”
- Right Action (based in wisdom, compassion, and a Bigger View)



Pro tip:  
Right action  
includes  
daily  
playfulness

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photo: Stephen R. Ikeda, Otters, Salmon River, Oregon





*Uṭṭhānenappamādena,  
saṃyamena damena ca,  
dīpaṃ kayirātha medhāvī  
yaṃ ogho nābhikīrati.*

By effort and heedfulness,  
discipline and self-  
mastery,  
let the wise one make for  
oneself  
an island which no flood  
can overwhelm.

Dhammapada 2.25

[View Pāli on Tipitaka.org](http://Tipitaka.org)

The Dhammapada: The Buddha's Path of Wisdom, translated  
from Pāli by Acharya Buddhārakkhita

Pariyatti Daily Words of the Buddha



# With gratitude to

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- Ayesha Ali, Dharma teacher
- Nikayla Jefferson, One Earth Sangha
- Kristin Barker, One Earth Sangha
- My son
- All beings, ten directions, three times
- (including YOU)





Cliff  Jerrison

@pervocracy



It's very hard to maintain mental health because so many coping strategies are based on the idea that your anxiety is unwarranted, and right now needs more of an "okay, extremely warranted but you still gotta water the plants or you'll have fascism AND dead plants" approach