

# **A Practical Way to Eternity**

I wrote some poems to give delight

While reading about my spiritual plight

You'll probably see I'm too uptight

Well, here is the Way I make it all right

I fought and thought and wound my mind too tight

Broke the mainspring and saw the light

I wrote this essay so all of you might

Also decide it's better to put up a fight!

## **INTRODUCTION**

Most of us humans spend our whole lives finding FAULT with the "condition" of the world, marriage, government, job, life, and so on. We expect everyone to do the right things and become annoyed when they don't i.e. Nixon as president, communist repression, wife's overspending, children's misbehavior, worker incompetence, capitalist spoiling the environment, permissive society or too restrictive one, and so on. We insist on everyone doing their "best".

But when it comes to taking care of, improving, and nourishing our own body and mind, of ridding ourselves of the imperfections in our own personality and life, then we all of a sudden become very TOLERANT OF FAULTS and laziness.

How can we ever honestly expect the outside world to be any different when we aren't even willing to do our BEST for our own "inner world". The "inner world" is one thing, the only thing, we really do have a chance to control and improve. Indeed without the "inner world" what do you have? Death!! And those who care not for the "inner world" are living a "life in death".

An improvement in your inner world improves the whole universe by a small degree, depending on the extent of improvement. Buddha improved his to a high degree and so had a big effect on the world. If we all did our best for our inner world the outer world would take care of itself easily.

So we must cease blaming and finding fault with the "outer world" and do what we can for the "inner" one. This essay is written to help you and me towards this GOAL.

**Carl Abbott, Tokyo 1976**

## Part I

I had a question one day  
It led me this way

**Q.** What brings happiness?

**A.** Being able to cope with our "problems": To search within and outside ourselves to discover the source or root of happiness as well as the roots of our problems, and then to find out what to do to eliminate the roots of the problems and nourish the roots of happiness (to discover the tools to use for this). Then you must strive to the fullest to put to use that which you find out, or know already.

(1) Finding the roots

(2) Finding the tools for elimination of the root of the problems and for the nourishment and cultivation of the roots of happiness

(3) Striving to use the tools

These three are the GOAL to be kept firmly in mind.

**Q.** What stands in the way of striving to the fullest to do this, and so achieve happiness?

**A.** Loss of remembrance, the forgetting of the roots of happiness and of our problems, forgetting to strive, and forgetting what brings happiness.

**Q.** How does this loss of remembrance occur, especially because it is what I really want from life!

**A.** Superficial desires,(all the desires that stand in the way of us succeeding at this goal). The attractions to the pleasures of the senses distract our mind. Instead of our mind and attention sticking to the goal and striving, it becomes captive of the physical or intellectual pleasures and desires of the moment. These sensual desires displace awareness of the roots and take over the conscious mind. Then the roots drift down into the subconscious mind.

**Q.** Is it all hopeless then, are we to forever be slaves of our superficial mind and sensual desires, and never achieve true and complete happiness?

**A.** For those who really want to be free, there is a way. Sensual desires can be controlled and the goal can be won if a man strives constantly and gains control of his mind and thoughts.

**Q.** How is it possible for these superficial desires which distract our mind so easily, to be controlled? How can a man gain control of his mind?

**A.** At the very least one must follow the basic moral teachings of any one of the world's religions. Any form of self disciplined living helps a man toward this end too.

However, sensual desires are the ever-present enemy of a moral and disciplined life. The mind is always distracted!

**Q.** Then how can one succeed if his mind is so distracted? Isn't there any way for him to overcome this problem?

**A.** Remembrance is the way. Doing that in life which reinforces, encourages, and guarantees remembrance of our goal. We must be constantly and consistently watchful, always aware and attentive.

Now my past I'm reliving  
A purer love I'll start giving  
If only I could remember  
To be more kind and tender  
All my soul will I render  
To bring about this self surrender

**Q.** What can we do in this life to reinforce and guarantee this remembrance? How can we be constantly watchful and aware? How can we reach down to the roots, see the source of happiness and problems, and find the tools needed?

**A.** One way this can be done is to read religious scriptures daily and pick out and write down on a card a thing you wish to remember. Read a little until you find a meaningful sentence or idea and stop reading for that day. Write it down and keep it in front of your mind all day. It can be just a sentence or two. Then, each hour throughout the day pull out the card and read it, spending only 2-3 minutes, and so on each day.

Think carefully on the roots of happiness daily. Don't let up on this inward thought search until you have determined how you wish your life to be, until you have fully recalled your main goal. Write it down on a card and read the card every hour of the day. If cards are impractical then just stop and think and reflect and remember for a minute each hour, this being rather similar to a short prayer or meditation to keep you on "track".

(i.e. OM, TAT, SAT. Each one of these three words is one word for Brahman, from whom came in the beginning the Brahmins, the Vedas and the Sacrifice.

Therefore with the word OM the lovers of Brahman begin all work of sacrifice, gift or self harmony, done according to the Scriptures

And with the word TAT, and with renunciation of all reward, this same work of sacrifice, gift or self harmony is being done by those seekers of Infinite Liberty.

SAT is what is good and what is true: when therefore a work is well done the end of that work is SAT. - Bhagavad Gita, 17:23-25)

Regular practice is of utmost importance. As your ability to remember improves, and you keep the goal and spiritual teachings in your mind constantly, then you can stop the hourly readings and read only upon rising and before going to bed, and

even before each meal as a kind of dinner prayer. Even this can be stopped once these things become truly and constantly part of your conscious mind; once you achieve a state of prayer meditation which can coexist with daily life's actions, feelings and the five senses.

Of course any other techniques may be tried as I'll explain later. The only thing really essential in all cases is that we train ourselves to remember, to keep our main goal and purpose in mind without fail every moment of the day. BUT this is not to say that we must keep "thinking" it over or repeating so many words ideas or concepts, for this would truly crowd the mind and create a barrier to feeling!!! The object is to recall and remember the FEELING of our goal; this desire for improvement of our life's condition. We learn to hold the FEELING, and constantly recall the FEELING of what is important to us.

Practically speaking, we can eliminate bad habits (smoking) and form the kind of habits we want and think we need. Our actions follow our mind, our actions are like water and the mind like a canal. Change the shape or direction of the canal and the flow of water follows naturally and effortlessly a new course! <sup>(1)</sup>

So in this way we can remember our goal, even in the face of distracting sensual desires. The periods of forgetting what is really important in life for us will decline in time.

Whether we pass or fail  
Doesn't depend on wind or sail  
Only on the right course  
Can we find pure loves source

**Q.** If one does all this will he be sure to attain happiness?

**A.** The reminder card is only a technique, a crutch to help you take yourself seriously, among the many that people have used from the beginning of time and by themselves bring little of anything. Techniques must be made to live by an inner commitment to do what you have decided is most important. When the heart sets itself to the task it becomes a matter of "life and death". Until then all attempts are bound to fail. The heart must commit itself to doing what it really wants in life. One must STOP frequently during the day and night to feel and reflect, letting the 'inner mind' speak out. You must STOP and seek the wishes of the higher "inner mind" instead of going on in "life in death", throwing your life away on muddled circular thinking and transitory shallow pleasures. Once you become committed, you will need no reminder as your purpose will be in your mind and heart constantly.

**Q.** How does merely doing these things and keeping them in mind causes a change in our physical life, in what we do and don't do? Surely a lot of will power is needed to succeed and so those with little will power are doomed to live in the "life in death".

**A.** Everything rest on the mind, it is the root and the source of all our actions. When an aim or goal is placed in the mind and diligently kept there, our actions are soon effected. A man's actions are the mirror of his mind; they reflect what is on his

mind, so as the nature of his mind changes, naturally the nature of his actions change. All that is necessary is to place the seed of some higher purpose, of what we want most for our lives, in the mind and keep it there in the fertile soil of our consciousness where it can grow and bring forth fruit (right action). If we let it fall back down into the dark pit of the subconscious where the light of the conscious mind seldom falls, it will wither and die.

Once we set our minds on a goal, our actions begin to reflect this goal and these actions in turn influence the mind and strengthen its commitment. Each helps the other, little by little, until the end is reached, So all that is really needed is to decide what is most important for our life, or in the beginning at least some of the things that are more important, and then to decide to remember them constantly, and to decide to do what is needed to do this remembering. From then on, nature will take care of the rest.

My life is like a falling leaf  
    It leaves its twig and I am born  
        Ever changing winds of nature  
        Directing this fall through time  
It settles to earth and I die  
    Fallen leaves cushioning the forest floor  
        And decaying, soften hard earth below  
        I see its purpose, now what's mine?

The wisdom in the cards  
    Can lead your mind inwards  
And from that silent spot  
    You will learn a lot  
On how to end sadness  
    And bring on Joyfulness

## Part II

**Q.** What can a man do if, after probing his mind, he is still unsure of what is right for him, and he has no faith in any religion, or in doing any of these techniques?

**A.** A happy and full life is still within his reach if he sets his mind on his actions, the movements of the body and his breath. By applying attention and care to ALL he does, every SECOND of the day, he can and will transform a fickle, shallow life of pleasure-seeking into one of perfection and beauty. A union of mind and body (feeling and action) is the prime goal of Yoga\*, and if done with care and commitment, one will attain all his "hearts desires" i.e. happiness, satisfaction, and contentment. But only by consistent and unwavering effort can success come. One must harness his sensual desires that lead his mind astray.

**Q.** Often the major religions seem to say that we must give up many pleasures of life to reach spiritual life and overcome sin. Is giving up the pleasures of the senses compensated for by attaining the goal? Is this perfection really worth denying the desires and sensual pleasures in life?

**A.** You have made the common mistake of equating control of the mind with denying the self of pleasure. It's not a question of denying you anything; this would be negativism. One merely trains himself to do that in life which he has carefully decided will bring him the utmost joy in the long run. You cultivate and nourish those desires which are constructive and conducive to happiness. These in turn dissolve and break away those desires which are destructive and bring on problems that which lie at the root of your pain.

Indeed, when a man is master of his "self" and in full control of his mind and its needs, he feels and enjoys the world of the sensual pleasures(ear, eye, taste, touch, smell) to a far greater degree than he could ever have imagined when he was still under the sway of, or attached to, these pleasures.

**Q.** But I have heard that in Yoga and the other oriental faiths that one withdraws from the world and from the senses.

**A.** No! Quite the opposite! In fact it can be said that those who have not yet mastered their minds, or at least begun to try, are living a life of withdrawal. They are withdrawing from the full impact of life—a withdrawal from fulfilling ones highest potential or destiny. They shirk their duties and hide from unpleasantness. They fear death, disease, loss of this or that, and of being alone. They indulge in pleasure to escape the boredom of an empty and troubled life. They withdraw from the task of turning their hopes and wishes into reality

Tiny nats dancing round my eye  
Though I waved them all goodbye

\* Yoga used here is not relating to the physical exercises, meditation, etc. that go by this name. I use it in the original meaning i.e. "to bind, join, attach, yoke, to direct ones attention on, to use, union or communion, it is the union of our will with the will of God" (*Light on Yoga*).

There are only two fundamental and opposite paths for a man to choose from. All action, thought or feeling is rooted in one of the two paths. The lower and darker one seems more pleasant and easier to follow and comes naturally to all men. On the darker one, we are weighed under by events and conditions of our surrounding world. On this lower path there are always problems, troubles, mistakes, and cares of the world which fill our minds. Our actions and life are directly and almost completely effected by these conditions and events(from the smallest, like a rainy day, toothache, cold, crowded train, noisy child, or spoiled plans, to the biggest like earthquake, war, death, or disease). And so in this way the whole world, from presidents to paupers, lives out their days.

Then there is the higher path, which at first seems unpleasant and difficult, pointless and not worth the effort, but once entered brings the highest fulfillment and Joy. Here one immerses himself in life, feeling to the deepest level of his soul ALL that life has to offer while at the same time directing his life and actions in accordance with what he has carefully determined to be most important over the long run. Those on the lower path are beset with innumerable cares which last all their lives until death. They are bound by many vain hopes and anger, and they lust for this or

that. Their highest aim is physical or intellectual enjoyments (art, literature, philosophy). They are firmly convinced there is nothing more in life. They live basically lonely and isolated lives despite friendship and family; they haven't seen, nor probably never will, the higher possibilities.

Once however, a man has tasted this higher path, he will never more wish to devote himself to the lower one; though in truth he may never go far on this higher one. Without a deep commitment held constantly in the heart and without a constant and consistent striving to follow this path one remains forever at the crossroads.

Once a time used to be  
Those crawling black things  
Sickened me thoroughly  
Now these roaches visit me  
Teaching me not to  
React so uncontrollably  
Wanting more of this instruction  
I leave out banana peels  
For the roach luncheon

### **Part III**

**Q.** How can one determine the most important course of action and thought to follow? How can he be sure he is choosing what is right?

**A.** Faithfully and regularly read the basic teachings of Buddha, Tao Te Ching, Jesus Christ (in the gospels Matthau to John), and the Bhagavad-Gita (the 'bible' of Yoga). These teachings are all one and the same, and the study of one can give you deeper insight into the others. Words are so inadequate for conveying spiritual truths or realities, so reading only one of these can lead a person to misunderstanding the intended message. However, probably the biggest reason for people misinterpreting the teachings (and this is the rule not the exception) is that they constantly seek to rationalize their selfish natures and can't bring themselves to face the truth head on. Needless to say, this is the first task to work at: seeing to it that we accept and remember the message regardless of how unpleasant it seems to us AT FIRST. The scriptures seem impossible to live by in the modern world, unpleasant, over demanding to live by, or pointless and unnecessary only to those people who as yet don't really understand them. It is through their ignorance that they doubt. Only by studying these scriptures can faith and wisdom of the highest level be built, (knowledgeable, not blind faith) and doubt born of ignorance, be destroyed. The wisdom of mankind is found in the scriptures; they haven't been around for thousands of years for nothing!

In this study a man soon learns the right and only course of action, non-action, thought, and non-thought to follow in life. He learns that ALL compared to this right and only course is nothing more than "life in death", a life of wasted potential.

Once he has learned the direction to follow, the seeds of a heaven on earth have been sown. But this alone will never bring fruit. Commitment, a devotion to the task

every moment of the day is essential if our highest hope is to be realized. The mind must be in a state of constant watchfulness (although, this isn't as difficult as it may seem to be). One must form a habit of reflection throughout the day; call it a prayer, meditation or contemplation; such a mental state must exist before we can live in "God" (a feeling of union, of being one with the universe).

Placing constant and total attention on every action, feeling, or thought every second of every moment of every day is invaluable for this keeps the mind almost constantly AWARE, and constant awareness is a prerequisite for constant contemplation and meditation.

Sink your mind into all your actions, taking utmost care in even the most insignificant; like picking up a pencil or turning the page of a book (this one?), or just sitting; create a union of mind, feeling, and action. In this way our actions are put in constant touch with our reasoning mind so we then find it much easier to direct and control our life along the path we have chosen to follow.

Sitting in the grass on a forest hill  
The grand view doesn't give me a thrill  
It's probably because I'm so preoccupied  
With stones and bugs, here at my side

**Q.** How can we tell when we are really using our attention and watchfulness in our actions? Tell me more of the nature of this.

**A.** When we train ourselves to feel things and to be aware of even the smallest aspects of life to the depths of the soul, an unselfish love arises for ALL things. This super-AWARENESS comes through having attention to all we do second by second every moment of the day. The most menial tasks like washing clothes, cleaning shoes or toilets become a joy and an act of love. There is little thought for the activities which are to follow. The moment is complete and fulfilling. Our minds are devoted and intensely aware of each second of each minute of each day. Each second is a beginning and an end in itself. Life is made up of all the small things; i.e. opening doors, putting on cloths, brushing teeth, and all the other movements, feelings and perceptions during the day

Those on the lower path rush through these thoughtlessly and seek the high points; the big things and events, blindly losing most of what "life" has to offer. On the higher path, one does just the opposite! We take each thing in its turn, beginning at the beginning when we wake up, and put our entire mind on the "thing" at hand (actions/perceptions). Strive to be AWARE of the split-second nature of time, of its "flow", of its "silence". Move with the flow, feel the flow, second by split second. In this, the mind becomes intimately connected with actions and feeling. We merge into life and the universe, much as a cell in our hand merges and is one with our body. We join with the WHOLE, with eternity. We become one with the "body" of the universe. Life and death, beauty and ugliness, "good and bad", etc., become meaningless abstractions. Apart from their use as descriptive tools, they reflect the mind of the user, not of the thing described!



Instead of thinking bigger and better, or about more of this or that, you gather your mind and its senses and reflect and isolate the moment; return to the beginning, the split second of creation. Your mind becomes concerned with and attentive to the means and movement (flow) of your life instead of being constantly attracted to and concerned with results and accomplishments. Our minds cease to race forward to sensual pleasure and enjoyments to come, but instead we enjoy them as they come and likewise find joy in adversity as it comes. You no longer need to do what you enjoy because you have found the way to enjoy all that you do.

A summer night,  
Just sitting  
Bzzzzzzz...  
Giving blood

Once in Yoga; this union of mind, feeling, and action, you actually feel love in all action and thought. You no longer rush to finish the unpleasant, because it is no longer truly unpleasant. When pleasant things or pleasure comes it is enjoyed, but not clung to. It ceases to lure us as it once did, and we become liberated and free in the truest sense of the word.

Remember well though, the border between this AWARENESS and awareness, between FEELING and feeling is very narrow so one must constantly be alert to keep on the right side of the border.

Before you are in union of mind and action, in this constant watchfulness and love, your life will be a bumpy affair, you either RESIST or SEEK but never settle down to appreciate and FEEL the flow of life. You will enjoy the pleasures while they last and regret them when they end (life, health, good times, vacations, getting out of bed, and so on). You will struggle or rush through all minor life actions, duties, and works, and all the while wish them "over and done with" so you can do something that's "fun"; always looking forward to the pleasant and enjoyable, and always regretting or feeling anxiety about the unpleasant or difficult. Those menial tasks mentioned above are felt to be boring drudgery. This is the usual attitude to life for many people; the standard, "normal" attitude of the world.

This attitude, this selfishness, in its obvious way and well known aspects, but more so in it's hard to know subtle forms, stands in the way of love, attention, and watchfulness. Therefore, when we realize we are being selfish, we can be sure we are far from love and attention. The problem is in realizing and facing up to the all-pervasive subtle forms of selfishness.

The higher me  
Is teaching the lower me  
About things  
It never wanted to see

## Part IV

**Q.** What are the hard to know and subtle forms of selfishness?

**A.** Basically all the expectations on our surrounding world, being or performing as we desire it to, are subtle forms of selfishness. The "self" wants this or that to be a certain way and expects it to be so. When it isn't, the "self" gets angry at that which is thought to stand in the way of what it wants. Any thought of wanting to be better at something than others, of wanting to be even as good as others, or of wanting to be important in any way, also have their roots in selfishness. It is SUFFICIENT for you to strive to do your Best for the sake of the "spirit"(the root of the self) and not for the "self" of ego.

Any time we feel even the slightest anger toward anything or anybody for any reason what so ever, we may be sure we are being selfish. For example, standing in line for something and getting angry if someone cuts in front of you (this is not to say you can't bring his rudeness to his attention, in fact many people wouldn't say anything, but just stand there and stew in their own poisonous anger); making an appointment to meet someone and getting angry if they don't show; getting frustrated if some work fails(cooking, business); getting upset if your plans are spoiled or don't turn out; angry if your goods get stolen, or your reputation gets slandered. All this shows you that you are clinging too tightly to life, not "flowing", grasping on in the hopes of preserving an illusion... Alas, you LOOSE that which you cling to!

As can be seen, anger is the most common indicator of the presence of selfishness and so selfishness can't be eliminated only by giving time or things or money, for it's a state of mind—your attitude to life. On the higher path we train ourselves to constantly, second by second during life, APPRECIATE anything we are fortunate enough to have, instead of living out our lives expecting more and more of everything and everyone!

**Q.** It seems to be everywhere, this selfishness; it's involved in everything we do. Is it even possible or practical to live without it?

**A.** It is very possible to live without it. By giving up selfishness one feels love and freedom. He is no longer bound to the "treasures" and cares of the world. He abides in a supreme "after life" here and now, he enters eternity here and now. But those bound up in their selfish ways won't believe this nor understand it. They firmly believe that "having" is better than "giving" and that attaining is preferable to surrendering. They can't see how surrendering this selfishness can indeed bring them a higher "treasure" than they ever imagined existed is this life.

While walking by this way  
I wrote ten poems to say  
It's a nice day

**Q.** What kind of action can one take to help quench selfishness, to quiet down the flames of desire and break up the chains of attachment?

**A.** All action done through watchfulness and attention serve, because in this union you give your mind to the thing at hand. But in a more practical way, a man seeking liberation from his selfishness nature can do charitable deeds for his fellow man and nature around him.

Doing service for others without expectations of worldly reward money, praise, or pride is an effective tool for purifying the soul. The more watchfulness and feeling that go into this service the more effective that service is in its purifying effect on you. Never consider whether the person receiving your service is worthy or not of it, or deserves it or not, for the service is not for him so much as for the good of your soul, and the better your soul the more the whole universe will benefit. The whole universe is interconnected, so help one thing, no matter how small and insignificant and you help all, IT'S NOT WHAT YOU DO IN LIFE, OR WHO OR WHAT YOU DO IT TO, IT IS YOUR ATTITUDE; IT IS HOW YOU DO IT THAT MATTERS.

Give time, daily or weekly, volunteering your body and soul to do something for something or someone. You must go out of your way to do this. Go to church, welfare agency, Red Cross, boy scout, the park and pick up the trash, anything!, and "give yourself". Take a first step.

Man always gets what he gives, so if you give anger and vengeance you live in anger and vengeance—a poisonous existence! Train yourself to give LOVE, and you live in LOVE, give "YOURSELF" and you'll LIVE; though this will not be felt and hence believed until one starts to DO IT. Take active steps to give time, money, understanding or sympathy; giving is loving; when your doing one, you are doing the other. Giving is a practical tool to develop LOVE.

Clouds resting in the sky  
Creation resting in Eternity  
A spring rain is on the way

My life is as a drop of rain  
It's birth is mine, its fall my life  
SPLAT! my death ?

I give up my individuality  
To join the sea of Eternity  
Why worry about immortality

**Q.** What are the causes of selfishness and the roots of attachment? Why is it such a burden? What is the essence of selfishness?

**A.** The root of selfishness is the "attachment" to the illusion of self. This illusion made possible by man's ability to conceptualize his "animal" desire for self-preservation. This instinct drives all living creature on earth, and has in man stimulated him to "fabricate" over the cast million years of his existence a concept (an illusion in REALITY) that HE is a "separate entity", and, "individual". This

concept is the root of his attitude to life, and it's his attitude that causes him his difficulties in the World.

Once one has the illusion that his "self" (body and soul) are his, then he clings to that "self" with all the "instinctual" desire he inherited from his "animal past". Once he clings to self, he has set his attitude towards clinging, grasping, holding on to, attaching himself to all the "things" of the world, e.g., ideologies, concepts, material goods, justice, pride, etc. This state of attachment opposes surrendering and giving of himself. Being kept from GIVING by his attachments, he is kept from LOVING ALL. On surrender of the illusion of "self" comes love and peace.

The state of "attachment" and the desires which accompany it always lead one away from a WATCHFUL mind and ATTENTION to all in the "field" of your mind. It's a vicious circle!! The state of attachment to cares and things of the world and to "self" make it difficult to maintain a watchful and attentive mind (to GIVE your mind to life instead of taking life, and grasping on to it). This makes it difficult to give your time money, sympathy, etc. Not giving your "things or time" and not giving your mind to watchfulness in turn encourages and tightens your state of attachment to your "self" and everything else.

**Q.** So how can we break this vicious circle: Man is so completely and totally attached, right down to his own "being". Can such an all pervasive attitude and state be changed? How can we turn the mind around?

**A.** The mind can be turned around. But as there is such a long history in our minds of the illusion of self and all the attachment that goes with it, we must be patient and proceed step by step towards transcending the condition. Of course the pace at which one takes the "steps" can be anywhere from very slow to rapid mostly depending on the degree of inner commitment to transcend.

The first step is to seriously face up to the truth of the basic problem, the root of the problem; the attachment to and desire of "self". To decide and commit your self to facing the truth head on.

The second step is to admit and face up to what has to be done; the "steps" to take and the tools to use to progress on the higher path.

The third step is to build the commitment to live, according to the realizations made in the first two steps. This is perhaps the most difficult; to practice what you think and preach! But commitment can be built by taking the first step, taking any step!, doing anything, no matter how small or insignificant, for the betterment of the "inner man" will add to your present commitment. Each of us must find our commitment through experience and study of our selves. Every experience, every painful event in life we go through is a gift, if we by a thoughtful and reasoning mind, can learn from it, and there is something to learn from every experience

Pain is certainly a gift  
If through its mystery you can sift  
And find that thing about it  
Which constantly makes you doubt IT.  
IS A GIFT !

So with these three steps the trend of this vicious circle can be reversed. You take actions that counter the illusion of "self" and all attachment that rests on this; and indeed all attachment does rest on this illusion.

Actions that counter the selfish "self", attachment, and desire are those that center on GIVING, such as: Give your mind to WATCHFULNESS and watch, GIVE your mind to FEELING and feel, GIVE your mind to LISTENING and listen. Give your time, go out of your way for others, serve others, give understanding and sympathy, give friendliness.

The more you GIVE the more you LOVE; the more you feel love the more you "receive" love. LOVE IS ENLIGHTENMENT, purest love comes on the dissolution of the "self", on union of our will to that of the universe, the ALL, the ONE. You "become" love.

The way to enlightenment and liberation of the soul is through love and the way to love is through giving.

Paradoxically the only things in life you really "get or receive" is that which you give. A life is vain and lost indeed when you are under the illusion of attachment; that you really HAVE what you grasp on to, that you really GET what you take. It's the other way around; in truth, those things have and possess you!! You're caught up and bound to the world and miss LIFE and LIBERATION. Even though many agree with this idea, very few FACE UP TO IT; they can really never know until they DO.

Start now, "let go", "relax away from", "let be", "empty" all those attachments and begin to GIVE your life and purpose to the higher purpose of life. DO SOMETHING FOR THE INNER YOU, GIVE YOURSELF A GIFT!!

Remember this GOAL. Remembering and commitment go hand and hand. The more one "remembers" (not so much in words as in feeling) throughout the day the stronger his commitment grows.

Reading and studying the basic scriptures help give us the goal and point the way. But words, ALL WORDS, and all actions no matter how holy or constructive take you only to the "doors" of heaven". To enter there, you must enter life through attention and watchfulness, which in turn brings love. Love is the way to "heaven on earth" and attention and watchfulness are the vehicles which take you there. When you commit yourself to watchfulness and attention every moment of every day of your life, your "self" is diminished by an equal amount. The selfishness that once ruled your thoughts and actions is burned to ashes by the fire of this intense consciousness. By using watchfulness and attention and striving for this control, one immediately notices a difference. This done, his faith is set and he can never more return to the lower path completely.

I lived a wasted life  
Until I got me a wife  
Which began all the strife  
Taws from this I learned  
That pure love is earned  
If given, it's always returned.

But as little as it takes to try it out and enter the path one step at a time and as rich as the "rewards" would seem to be, perhaps only one in a thousand will be willing to give it a try. Bound in pleasure and tied to the sensual world, they can never bring themselves to do very much to direct their lives toward joy and love. They can never know the peace that lies beyond thought in the silence of the spirit, but instead live out their days trusting in the surrounding world, in their luck, talents, wealth, insurance, friends, contacts, family, health, and all the rest, to bring them joy security and peace. As blind as the moths that rush headlong into the flame, they rush through the moments of their lives, forsaking that which is eternal for that which is shallow and soon gone.

Being alone without a friend  
I felt infinity trickle in

## Part V

**Q.** Is it possible for all men to go the higher path? Some are so weak and lost, surely it's more difficult for them.

**A.** Of course anyone can succeed, it's really very easy. It's too easy perhaps, like putting one foot in front of the other and so on, step by step and you can get anywhere.. but you do have to STEP!! Too many people wait for a ton of bricks to fall on their head before they bring themselves to try. The total of each and every man's abilities and faults, strengths and weaknesses, etc. balance out to an overall equal ability of each man for achieving SPIRITUAL perfection. Truly, each man possesses in himself the means to feel in his lifetime, and in fact as immediately as he really TRULY wants, that vision and love of which the universe is made; a treasure that by comparison makes the works of mankind and indeed man himself no more (or less) important or significant than the dust on his shoes.

There are some who believe there is a God, some supreme power, or universal truth, of infinite "source or energy". Others, the atheists, say no, they don't believe. They only believe in what they see. Both are in error; to believe or not to believe is not the question, or the problem! TRAIN YOURSELF TO FEEL and see what happens for yourself! Only a fool would take someone else's word for it without trying to FEEL the truth first hand for himself.

When it comes right down to it the finite world of words and desires block out the subtlest, deepest and most inspiring feelings and perceptions that are possible in man. The purest love is suffocated. The end of all worldly knowledge is feeling infinite love. Don't seek your home in worldly knowledge and desires but seek it instead in feeling as this is the "short cut" to the INFINITE.

You see, happiness is just a feeling no more and no less. So are "enlightenment", love, satisfaction, appreciation, spirit, God and infinity. So one must train himself to feel deeply, feeling is the vehicle of the higher path. Try to slow down, to empty the self, and "let go" of the constant conceptual static thoughts that drown out feeling. Feeling is a product of NOW, the utter split second present. Conceptual thought needs the illusion of a certain span of time and of "self" to formulate dialectic reasoning so it can't exist in the utter present NOW. Conceptual reasoning has found dominance over feeling, it distorts everything, including this essay (also; plans, opinions, memory, judgment, theory, concept of I AM, likes and dislikes) and when it is deeply rooted down at the emotional level (selfish instinctual level) of a man it is very irrational and easily becomes destructive (i.e., jealousy, envy, hate, anger, competitiveness, greed, lies, prejudices).

Concepts and words go on and on. There is no end to it, and no solution, no final solution found through them, Man loves questioning, rationalizing, reasoning, dreaming, etc.

A watchful mind every day  
Will say so much more  
Than any words I say !

Even if you disregard all this that has been said here and merely do that which in your heart you know to be right, you will be far beyond the words of any book or the teachings of ANY teacher. You will achieve a perfection few have ever achieved in the history of man. All you need do is to think it over NOW, decide NOW, and then commit yourself NOW to fight NOW!! No more searching, thinking, or reading is necessary for you already "know" too much and "do" too little of that which you know is right. There will never be a lack of knowledge. As your life and actions begin to reflect your "higher" mind, insight and intuition develop, and with this faculty all needed knowledge will come to you of its own accord naturally through experience.

**Q.** So what can I do right now, what is the first step for me to take?

**A.** Not this! STOP! F-E-E-L...

**Q.** I see! Now I must DO! I must STOP and be watchful NOW, to GIVE, to put my mind and attention to NOW so I can feel NOW. Instead of letting my mind go every which a way, I must lead it back to the beginning. It's as simple and as immediate as the splat of a rain drop. It's so simple, so easy, no wonder I passed it by for so long. It's so "INFINITELY" simple that the world of words can't get simple enough to deal with the "point", so I missed the point and you wasted your words. I've always been relying on thought, words, concept, and "my self" to get truth, significance, and security. But NOW by giving my mind to watchfulness and attention I can REALLY FEEL!

A. I love bugs  
    Though there're too small  
        For kisses and hugs  
Those tiny legs scrambling.  
    Do they really know  
        Where they're rambling?  
They don't seem concerned  
    Maybe it's because  
        They're totally unlearned

## Part VI

Q. What other techniques besides the hourly reading of cards can be tried to help one to remember to take himself seriously to develop a commitment to direct his mind?

A. The basic purpose, direction, effects of, and way to Yoga (the original spiritual perfection meaning, not the exercises) can only be really understood by and through personal experience. The next best thing to aid you in this understanding is the study of the scriptures. The Bhagavad Gita, a pre Buddhist and pre Christian writing is the "Yogi's Bible" and yet so very little emphasis is placed on its teachings, people preferring instead the tricks, miracles, mumbo-jumbo, or beauty and health effects of "popular Yoga". They make the tools of spiritual perfection development ends in themselves, and loose sight of the main point (real message), or more probably never had sight of it in the first place. It's as shallow as a person being a Christian without reading, studying, and especially FOLLOWING the four Gospels in the BIBLE. Popularly held understanding of all the religions are so often in error, if not totally contradictory to the REAL message?

How is one to be sure he has gotten the REAL message? Only by reading and rereading, thinking and rethinking, over and over the basic scriptures of these religions will a GLIMPSE, if not the TRUTH, be seen. Then there comes the task of living (being) and feeling accordingly. Few ever manage to get this "real message" let alone do it, or live in it! Most of us get sidetracked somewhere along the way. In truth reading scripture isn't the only way to TRUTH, but it's the usual way to a glimpse of it, and in ALL cases it's extremely helpful for living according to Truth.

Below are some things that help or have helped to keep me "on track"

Reading this essay over twice  
    You'll find some good advice But,  
REALITY has a high price  
    So reading twice will not suffice!

### Yoga (exercise)

Yoga exercise develops to a high degree the mental and physical powers which are the tools needed in ALL aspects of daily life. It is the most complete form of physical training I know, WHEN DONE CORRECTLY: I emphasize this because there has been



so much misleading JUNK written on Yoga, not to mention the an abundances of incompetent teachers of it. It takes a few years of practice to learn to do them "right" and to progress to the more effective advanced postures. The effects are accumulative! So don't be discouraged even if after a few years of Yoga you don't notice such a big difference; so much depends on your attitude to life!

Yoga and especially the advanced postures bring heightened awareness, feeling, and attention immediately after the exercise session (during too of course) and for the rest of the day. Of course you strengthen your attitude of GIVING as you are giving your body and mind good health through the exercise. The slow intense, concentrated poses are what make Yoga special. Yoga builds commitment, endurance, and a sense of moderation and balance. The effects of Yoga exercise probably seem greatly over exaggerated to most people, but in reality the opposite is true: I'm understating the effects of Yoga done "right", though I'm overstating if it's done "wrong" (wrong attitude not technique, but both are interrelated and many teachers and books instill a wrong attitude if not technique). Yoga without MAJOR emphasis on study of the Bhagavad Gita and other scriptures is not Yoga! Rather, it becomes just an odd looking gymnastic, ego gratification, exercise, sport or hobby.

I want to repeat it is very effective for increasing the mind's ability in FEELING, WATCHING, AND ATTENTION. Besides this most important aspect, Yoga strengthens the heart, and increases the hemoglobin content of the blood. It develops ALL respiratory functions, breathing becomes deeper and more even, and sinuses are ALWAYS clear, no more colds or coughs. It tones the nervous system, spinal and brain, and stimulates all the glands of the body. The advanced postures strengthen ALL the muscle and tone them. The more advanced the postures done, often the greater the effects mentioned above.

The physical, mental, and emotional aspects of a man are all interrelated so it's easy to see how such physical improvement can and does bring about the mental abilities mentioned above, and how one's resistance to physical and mental disease is vastly increased. And this is just a very general summary of the effects of yoga properly done. All serious students of Yoga agree that the book Light On Yoga by B.K.S. Iyengar is without a doubt the best ever written on "physical" Yoga exercise, and the Bhagavad Gita is the best ever written on spiritual root of Yoga exercise. Nothing more is needed for truly these two can be your guru and serve you as well as any living guru if you are committed, watchful, and attentive.

Many folk waiting for a Guru  
To come riding on some burro  
Should instead ask themselves why  
Some men live and others die  
Ask other things of yourself too  
Work yourself into a stew  
Only by asking will you find  
Wisdom flowing out of your mind

Make yoga exercise a gift to your body. A token of appreciation for all the service it's gives you. Only a thief, a very selfish person would use his body without giving something in return. Jesus said "The laborer is worthy of his hire". What is your

body's labor for you worth? It labors for you day and night, year in year out, so giving it an hour of your time daily for its care is small enough price to pay for its service. Most people take their body for granted like everything else in their lives! Beyond this ethical consideration is the fact that the body returns to you a superior service worth many times over the time it "robs you" from doing other activities. Could you really have something more important or better to do with that hour than GIVE it to your body? Only a blind, foolish, selfish person would neglect his body and mind. If you can't take care of these two basic things "God" has given you, how do you expect to succeed at or accomplish anything else? It's like trying to build a house without a strong foundation; you may get something erected but watch out for earthquakes.

Of course one need not do Yoga exercise. Swimming, calisthenics, ballet, wrestling, ANYTHING is better than nothing, but it must be done daily! (Jogging is bad for the body in the long run.)

It must be remembered though that exercise, meditation, or any other action or techniques are not ENDS in themselves, but only a vehicle and so are basically optional; spiritual perfection doesn't depend of them, they are merely tools for some to help them toward spiritual perfection, but don't let this be an excuse for you not to try some tools, give yourself a break.

## **Posture**

One beginning secret to success is posture! Everything rests on this. A person's whole life becomes more harmonious as his posture gets more disciplined. The head and neck are key to it all. When the chin is rising and the back of the head is tilting backward (the "snob" posture where the nose is up in the air) your attention is disrupted and undirected and the flow of life energy is dispersed. One way to correct this is common fault in posture is to imagine a string connected from the back of the head to the sky, from which you are suspended or dangling. In Yoga, you concentrate on lifting up the back of the neck and pulling it back. These techniques must be practiced and thought about twenty four hours a day for some months or more to unlearn your bad habits and form a good one.

I saw a man  
    Slumped in a chair  
        I kind of doubt—  
            His soul was there

## **Meditation**

Meditation is a valuable part of spiritual training. Regularly Sitting for 15-20 minutes, in a disciplined and still posture (but not stiff), FEELING (not thinking) the rhythm of breath, the flow of time, and the "light" of consciousness brings harmony to your life. In truth though, this meditation should carry over to your active daily life. Both the movements in daily life and the stillness in formal meditation are trained to have their roots in the soul, deep within. Here you strive for FEELING the roots of original nature (the source of creation) by constant WATCHFULNESS and ATTENTION. Prayer, mantra (word or phrase repetition i.e. Transcendental

Meditation), chanting, etc., can also serve but are less direct because they are structured and conceptual compared to intense watchfulness and attention.

"When the sage of silence closes the doors of his soul and, resting his inner gaze between the eyebrows, keeps peaceful and even the ebbing and flowing of breath; and with life and mind and reason in harmony, and with desire and fear and wrath gone, keeps silent his soul before final freedom, he in truth has attained final freedom" Bhagavad Gita 5-28

\* inner gaze relates to watchfulness, an attitude of mind, not crossing your eyes. Deep watchfulness is the tool used for keeping the soul silent.

I decided to value nothing  
And I found that!  
It was really something!

Good things and bad things  
Bring happiness and sadness  
Nothing brings emptiness  
Which certainly isn't loneliness  
I look into the mirror  
And see this nothingness within  
LOOK OUT !...the whole universe  
Just rushed in

## Cards

A less demanding way than the hourly reading of cards is to pick out 50 or so of the most meaningful paragraph in the Bhagavad Gita and/or other scripture and put each on a separate file card. Each day of so memorize one and think about it throughout the day. By going on in this way for a year or more these things take hold of your mind and change your direction. I personally regard the Bhagavad Gita most highly of all scripture I've read because it's the most direct and to the point (down to earth) but as you can see (below), both carry the same message: the differences are small, and all amount to the same thing.

Luke 9-23, And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me.

Bhagavad Gita 18-53, And his selfishness and violence and pride are gone; when lust and anger and greediness are no more, and he is free from the thought 'this is mine'; then this man has risen on the mountain of the Highest: he is worthy to be one with Brahman, with God.

Tao Te Ching 7, Heaven and earth are enduring. The reason why heaven and earth can be enduring is that they do not give themselves life. Hence they are able to be long lived. Therefore the wise puts his person last and it comes first, Treats it as extraneous to himself and it is preserved.

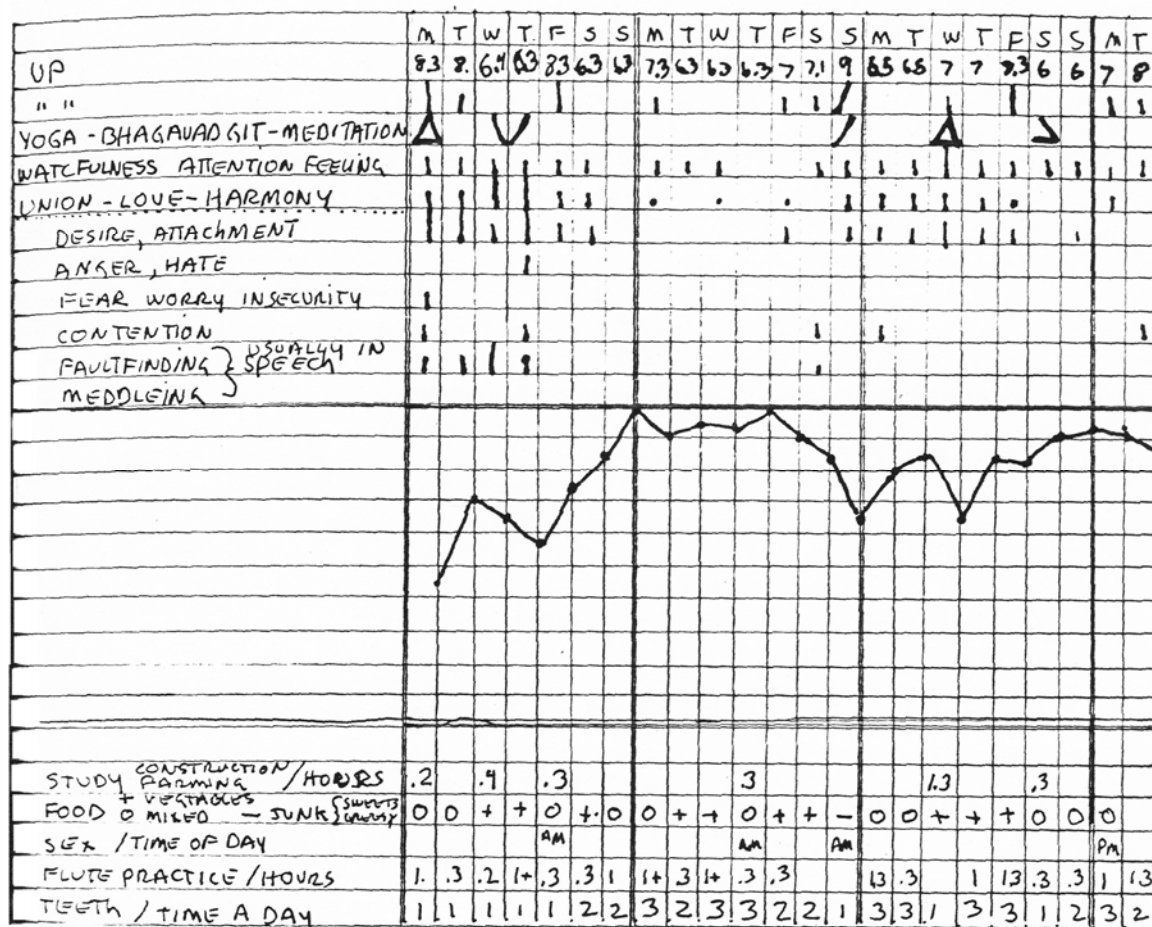
## Keeping Track

From measurement comes knowledge,  
From knowledge comes wisdom,  
And from wisdom comes Joy.

It's very helpful for a person to be true to himself, to really know himself. Most of us are so "lost in ourselves", with the cares of the world and so accustomed to rationalizing everything to suit ourselves and our desires that we never become really AWARE of the direction of our lives, we are so self deluded that we think we are aware, that we are the "masters of ourselves" and our lives until we are put to the test by the changing conditions of nature and then all we say is "why does this have to happen" or we blame something or someone for it all.

The chart below is a technique that will broaden and deepen your self insight and so bring you more in touch with your TRUE self. With this knowledge you will be better able to chart a wiser course for your life. This chart helps you form a habit of doing what you know is right! It takes in all that has been said so far, and gives you the practical opportunity to make your life mirror your principles and faith. Just reading or talking never gives results. You have to GIVE, go out of your way to do what is good for your soul, otherwise it's forever a case of "in one ear and out the other".

The chart should be done regularly, just before bed for at least a year. Don't miss a night of filling it in; surely your "inner side" is worth a minute or two of reflection a



day! Try to keep the factors of the chart in mind during the day and judge how you are doing, while you are in the midst of DOING.

Any factors may be chosen, but it's good to keep the number, that is to be plotted on the graph, under ten. The chart below and description of the factors is more or less what I used. I made a master chart and Xeroxed copies as needed.

A solid line through the box indicates a complete failure on the factor and conversely, no line (empty box) shows near perfection for your relative level. Half failure is indicated by half a line, and this was usually when I knew what was right and had the factor in mind but couldn't succeed in controlling my attitude or action. A complete failure was when I lost "sight" of and forget about what was right, i.e., got completely carried away either mentally or emotionally, or just gave up. After each box is filled in, the total black lines are added up and subtracted from the top line of the graph below the chart. Below the ten "inner factors" and their graph may be placed "event factors" that you wish to keep track of, develop habits for or brake habits of.

The following factors are of course all interrelated, just as all aspects of life are, so be patient and used your own judgment judging. A little practice will make it all a lot clearer (say a month or two). It's probably best to keep up the chart for a year or more, until you feel you know yourself pretty well.

Until you stop!  
And care for your mind and body  
You'll always find life  
Some what shoddy

- 1) UP: indicates the time you get out of bed.
- 2) " ": indicated the degree of difficulty you have in getting up. This problem is helped very much by placing in your mind just before falling to sleep the time you want to get up and the first thing you will do in the morning i.e. "six o'clock, Yoga", "six o'clock-Yoga", "six o'clock-Yoga" etc. repeating this as you fall asleep. Keeping this box 'line free' effects greatly how the rest of the day will go.
- 3) YOGA-MEDITATION-SCRIPTURE: deeds or what you do in life is far less significant than HOW you do them!; your attitude. So I combine these activities: Yoga exercise, sitting in meditation, and reading some scripture. The reason I include them at all is that they have such a powerful effect on CHANGING and purifying the attitude. If I miss out on one I put one line, /, which counts as 1/3 failure for the box and if I skip them all I mark, /\, which is total failure for the box (-1).
- 4) WATCHFULNESS, ATTENTION: if throughout the day you keep posture erect, eat slow and chew well, do good and careful work in all actions, not rush or stumble around or have accidents, feel the most of each moment, remember your life's direction(roots), feeling time "flow" and silence in sound. Failure to "do" these things is indicated by a line drawn in the box, the length of which indicates the degree of failure.

5) UNION, LOVE: if watchfulness is with you, you'll feel this, wholeness, together feeling, a part of it all if not the ALL, lightness and humor, tickled by the "small things" in life, no restlessness or dissatisfaction and eventually dissolution of thoughts of "this is mine" or of "self", living in eternity, humbleness and forgiving attitude, generosity, feeling one with God, etc.

This little blossom fell from the tree  
Its all that's left of me

6) DESIRE, ATTACHMENT: when a desire over-powers you or keeps you from doing what your "inner self" wants. i.e. "I know I shouldn't eat much at night because my stomach feels bad the next morning and the Yoga exercise is made difficult...but sometimes the food looks too good to pass up, and tastes too good to put down after eating a little". Desire and attachment are the single greatest things that keep us from God Consciousness and Love. Other aspects of desire-attachment are; overdrinking, overeating and getting fat or even overweight, over sex, over talking, oversleeping, in fact over anything. But on the other hand under eating, under sleeping, and so on are often just as harmful.

"Yoga is a harmony, not for him who eats too much, nor for him who eats too little, not for him who sleeps too little nor for him who sleeps too much. A harmony in eating and resting, in sleeping and keeping awake. A Perfection in whatever one does - this is the Yoga that gives peace from all pain", Bhagavad Gita 6-16.

It is through constant watchfulness and attention that he is able to achieve  
"perfection in whatever he does"

Attachment relates to selfishness, pride, arrogance, wanting things your way, bound to plans and schemes, not GIVING you mind watchfulness or your time, or things, being too busy, too cheap, expecting your fair share, or justice, or understanding, or sympathy, and so on.

7) ANGER, HATE: these are second greatest obstacles to Joy and Union with God. Feeling anger toward the slow driver ahead, a crying kid, toward communists or capitalist, if tools get broken, towards lazy and those who don't do their fair share, toward criminals, or "bad" weather, towards bug and flies in your eyes or cockroaches on your porches, ants in your pants. Feeling jealousy or wanting revenge. Anger from the slightest tinge to rage blocks our WAY, regardless of what "caused it".

All these ants crawling over me  
Are making me get kind of angry  
Until I stop and begin to see  
That only by loving them  
Can I ever be FREE

8) FEAR, WORRY, INSECURITY: the third greatest obstacle to FREEDOM; Angry at being seen in unflattering cloths, fear of loosing a job, friends, wife, money, your life or health, insuring against the loss of this or that. Fear of being alone, in an embarrassing situation, or of not succeeding, of being okay, not getting what's

coming to you, of being thought of as clod. I used fear in the broadest way, anything down to the subtlest apprehension. Insecurity also is apparent in envy and jealousy of others or the need to brag or impress others on our success, talent, good fortune, etc.

9) CONTENTION: This one and the next two have their roots in the three factors above (desire, fear, anger). Contention is being pushy and domineering, trying to outdo someone, being competitive, rushing to get your fair share or the BEST place, seeking revenge for a wrong done you, arguing with others, needling or teasing others, imposing your will on others.

10) FAULTFINDING: gossiping about others, negative attitude to life expressed in speech, sitting in judgment of your fellow man, bitching about your job, people, politics, or the weather. All complaining in general, looking for the worst in things instead of the best.

11) MEDDLING: giving unasked for advice, sounding off a lot on your opinions, pushing your ideas onto others, asking for favors or things, and imposing on people.

If the four top most factors (UP through UNION) are okay the others below will take care of themselves and visa versa. We all know much of what is undesirable, especially when we see it in other people, so we must tune in to ourselves to see what's up within and connect our mind and will to this knowledge by watchfulness to bring about the desired change of direction.

No one can fail at this chart! Do what you can, fill it in the best you can and you will learn! You can't help but learn and improve, even if you fail miserably on every factor and place a line through every box, you will be much further ahead for admitting your faults, facing up to them and just being able to see them than most people in the world who never rigorously face their weaknesses, or rationalize away any that they do see. There is no hope for them, for they never realize their basic errors; errors which are the root obstacles to JOY and Happiness.

### **Service**

Going out of your way to help others, or just going to a church or gathering with friends in a spiritually motivated meeting helps to bring on a GIVING attitude, which can counteract selfishness.

Let the old man sit in your seat on the train, or let someone go ahead of you in the line. Help others through charity organization by doing something, making time, and volunteering. This is much more effective and personal than giving money. Although a good way to give money to charity is to set aside one day of your work week/month and all through out that day keep in mind you are giving yourself and time to make this money for charity.

There are many ways to give this "outer world" service, in the family, church, at work, in the street, literally everywhere you can find opportunities to do service for others. But you do have to go out of your way without the expectation of reward.

## Part VII

**Q.** Tell me more of the way of spiritual perfection, of its nature.

**A.** The degree of spiritual perfection is in no way comparable between one person and another. It rests on what each person does relative to his own strengths and weaknesses, on how far YOU travel on the road to perfection from where YOU started. Jesus said, "*to them which much has been given, much is expected.*" Those born good carry the burden of goodness in life and those born more selfish minded carry the burden of a hell on earth, a waste, through their life; unless they realize their error and set out to change their direction<sup>(x)</sup>. Most of us are born somewhere in between. Those who choose the ascending path to goodness and righteousness carry the burden willingly and feel JOY for it, but those who choose to remain the same or descend downward carry the burden unwillingly and feel pain and suffer, and try to loose "themselves" in pleasures. They choose that which seems to bring pleasure, but always end up dissatisfied, no JOY is for them.

What might be for you the next step towards perfection and balance in your life, might in another person be the next obstacle toward his perfection (i.e. I was born an orderly person, and feel the need to keep all neat and clean, so the next step for me is not to loose this trait, but to loose some of the "need", to learn to APPRECIATE disorder and untidiness and dirt, to even find JOY in that. My brother on the other hand was born a disorderly person, he couldn't keep things neat or organized, so his task would be to achieve a higher degree of orderliness in his life and mind. My weakness would be his strength and visa versa. So we just can't judge others by what they do or don't do, because any action may be either a strength or a weakness, depending on personality of the person. We are only in a position to judge ourselves and even then we have great difficulty.

Success in spiritual perfection is a strange thing. Once it is won, or being won, it is enough; it is the way to lasting joy and satisfaction. We never loose the sweet taste of success because the "success" is always a challenge. There is always more to be done and yet it's all "done"! The "success" is the work to keep. It is truly felt to be just this and not some "perfect" end, accomplishment, or object of pride or trophy. It's not a satisfying moment to be enjoyed, but JOY in a work in progress (work in the broadest possible meaning, life is work).

On the other hand there is nothing unusual about worldly success. Success in worldly ways: travel, politics, art, knowledge, attainment, business, sports, mechanical skills, music, ability of this or that (even miracles like walking on water). This means everything worldly and possible to demonstrate looses "itself" and one must begin anew, unwillingly and unaware, on to the next success. The satisfaction is fleeting, even though we keep reminding ourselves of how well we've done. The soul is compelled onward toward the "end", toward that NEXT accomplishment that will give power of self, security, satisfaction etc., all those things success imagined to be, but in truth is hollow in the end. Even the search for success in spiritual perfection approached in this way brings nothing, although it is likely that "something" will emerge in time.



So round and found it goes in circles of time; this is reincarnation, the chains of earthly rebirth. However, it occurs not after death as commonly believed, but with each "success" and in fact, even from moment to moment throughout life. This is the reincarnation to worry about, not the mythological simplistic lifetime to lifetime belief intended for people wanting a simple, easy answer. THIS IS ETERNITY RIGHT HERE AND NOW! Life and death here and now; for in one lifetime each of us "lives" an INFINITE number of lives and deaths. The so called Nirvana is heaven on earth; these lives and deaths pass away, you flow, and cease to be flung about from success to success; and the "death" of the body is then recognized for the illusion it is, as is the illusion of "self" and "life"; so poorly is real Nirvana and its opposite reincarnation understood. They pertain to NOW, not some future or past which are illusions that dance in the human mind.

The ONLY way to NOW, and the feeling that comes with resting in ETERNITY, is by developing and training a high level of attention and WATCHFULNESS, and then applying it to ALL aspects of life.

Tiny bugs on the street  
Might end up under my feet  
But I'm WATCHFUL and step "lightly"  
So never press them too tightly

**Q.** Tell me more of watchfulness.

**A.** It is like the man who walks against the wind holding an umbrella. If he has a high level of attention and watchfulness in what he is doing, he can keep his umbrella in just the right position so it is neither blown upward (and inverted) nor pushed downward. He has a minimum of struggle with his umbrella in conflict with the wind. Here the umbrella is like a man's mind and the wind are events in life, the flow of time and events which his mind must confront throughout life.

By directing his mind just right he does this harmoniously, using attention and watchfulness to get the feedback that enables him to control his mind, the umbrella or anything else. His mind is neither flung high upwards nor pushed low downwards, it remains even and peaceful, not fighting events and time, but flowing with them. This lets you look around and FEEL and SEE ETERNITY. Some may think this means that, through this, a person attempts to shut out the world, to escape pain or pleasure by avoiding events, NOT SO!

"And he watches over the mind and its senses - ear, eye, touch, taste, and smell, and his consciousness enjoys their world", Bhagavad Gita 15-9.

**Q.** So can we say that the man who holds his umbrella perfectly, or does any other of life's activities in apparent perfection, has gone far towards spiritual perfection?

**A.** No! For we don't know where he "began" nor where he is really AT. Maybe he is holding his umbrella with brute strength or skill, and using no watchfulness at all. There are many who develop and train one or more activities, abilities, or occupations to a high level, they become "master" artist, writer, engineer, craftsman, etc., but this is still no indication of the TOTAL MAN, the "inner self". One must strive to get ALL aspects of the "inner self" working in harmony. So often, the "master" or

"expert" will put all his effort on perfecting a worldly aspect, a "demonstrable" ability or skill. This serves to encourage his illusion of self and reinforce his ego, which goes against the WAY. When he masters something he feels "worthy" enough. But truly ALL worldly success without "inner" perfection is WITHOUT SUCCESS, regardless of how long the effects last, or how big the result, i.e., the inventions in science, medicine, music, etc., throughout history.

Its not what your given (talents, strengths) that counts, but what you do with what you are given and we have no way of telling what talents and weaknesses, pluses and minuses, or how much of, or what degree of each, another person has been given. We can never know how far he has really gone, when it comes to "inner perfection", in living in LOVE and union with GOD in ETERNITY.

**Q.** What really is GOD and INFINITE ETERNITY and TRUTH? These words are so far from daily life. Now a-days many of us don't believe in those things. And what about ENLIGHTENMENT?

**A.** Enlightenment isn't the END or GOAL! It's only the beginning, the end of the beginning. Then comes the task of living enlightenment, and this can be done only step by step! When it comes to this LIVING, it makes zero difference if one has felt the "inner" spark or flash of vision of enlightenment. Those who have, can "verify" reality for those who haven't, and indeed this is the purpose of the scriptures; then both must start down the path to living an enlightened life.

Neither the man who has FELT enlightenment, nor the man who hasn't, will "progress" more readily than other! Commitment is the key, and commitment is built and trained, not "found" through enlightenment.

So discard any wish for "enlightenment", it is just a TOOL like all the rest, so pick out the tools available NOW and WORK. Taking this easy step, you jump over the "beginning" and go straight to the beginning of the end. All people are equal in this task (even Bhadda and Jesus) so get on with it!

One who has seen reality (or thinks he has) tries to define for those who haven't, to show the WAY. But it's like a man trying to describe the sun to one who's never seen it, "it is like a light bulb only millions of times brighter", he say. But is it? If the man BELIEVES this, he will be seeking some kind of light bulb, "millions of times brighter", energy, etc.

He complicates it, and places another illusion in his mind. Reality is so simple and direct. Words are so inadequate and misleading, even in simple daily conversation we constantly misunderstand and misinterpret one another. Words, when they are sent, and when they are received, filter and even destroy REALITY.

This mind ling gone to waste  
On many thoughts; they have no taste  
But is this much better?  
Poems too, seem to fetter

TRUTH, GOD, INFINITY, or what ever name we call it, is such an all pervasive ever present total FEELING, that words are too finite, "picky", stagnant, narrow, etc., to express or understand it. Words are always in need of their "opposites" or of other "qualities of nature" to make "sense". So their relative nature precludes any real ability to deal with ABSOLUTE Eternity, Truth, or God. We live in a world devoted to worldly knowledge which is composed of words. Hence for atheist and skeptics, words can't bring "IT" across and they haven't FELT "IT" yet, or they only acknowledge that which they can think about with words. We habitually spend our life looking for the differences between things and categorize every thing and everyone, so considering something beyond words is difficult.

What is short without long, eternity without the present—now, truth without false, God without devil? ONLY through FEELING can GOD, TRUTH, ETERNITY, INFINITY without some relation to some dialectic opposite be "known", and "lived in".

What is it within you  
I want to love so true  
I really can't seem to say  
It's in everything, everyday

If the whole earth, everything, was the color, taste, touch, sound, or smell of "(fill in this blank)" would we then have the word "\_\_\_\_\_" as a definition in our dictionary, especially if only a very few people had trained themselves to be really sensitive enough to SEE the color, TASTE the taste, FEEL the touch, SMELL the smell HEAR the sound of "\_\_\_\_\_"? Maybe we would have such a word in our dictionary but could most people REALLY KNOW what it was? Wouldn't they instead give "\_\_\_\_\_" a more "worldly" meaning by assigning to it an opposite concept or feeling they were familiar with, and then take it for granted that they understood what this "\_\_\_\_\_" was all about. They would choose to believe in "it" or not believe in "it", but never realize what they were "missing" by not training themselves to FEEL firsthand, to personally reach out and SEE, TASTE, FEEL etc. this "\_\_\_\_\_". We can't conceptualize the "infinitely pervasive qualities of reality", we can only FEEL them and APPRECIATE them and work in AWE and WONDER, SILENCE and LOVE.

GIVING the mind to the WATCHFUL condition brings about a SURRENDER of "earthly will". Upon this "self surrender" comes the perception/feeling of ETERNITY of LOVE, of God.

A drop of dew on a blade of grass  
Some rocks, tomatoes and broken glass  
A tornadoes' spin and even the cities din  
Various is the "nature" of Gods skin

The wise man will take all words (concept) with a grain of salt, and attempt instead to discover within himself REALITY "\_\_\_\_\_".

Christ said "seek and ye shall find", Buddha advised "never take anything as TRUTH until you verify it within yourself, to seek the experience directly", the Bhagavad Gita says, "He who merely yearns for Yoga goes beyond the words of books", And Lao Tzu said "the way that can be spoken of is not the constant WAY".

Now I'll flow  
To a peaceful level  
Giving up the need  
To write this drivel <sup>(x)</sup>