

Wu Wu

1

THAT.IS.THAT



Part One

It is enough to accept that all is bliss and that anything else is a misinterpretation.

I propose in a very disjointed manner, a philosophy of no philosophy. It is a philosophy in nature but it stands in the end to remove philosophy, religion, belief, political position, ideas of right and wrong, remove it all and leave the very perfection

that was there all along. You will then be truly free, free like a bird with no boundary, border or idea. Free to enjoy and not be reading in the hope of gaining something. You may have read many books that give you thoughts on how to better yourself or your world view, they may have produced gems of insight and they may have made you think but this book aims to stop you trying any more, allow you to let go to give up the seeking and be just what you are – By reducing not adding, fully awaken, burn the book and enjoy life.

No one is more free than someone with no idea of freedom or more enlightened than someone with no idea of enlightenment.

I have no desire to change the world or apply my ideas to others, that would in fact be against my ideal of leaving the world alone, so instead I just offer my ideas on lightening the load to those who are on a similar path and may find some reward in reading them.

Be the action of the universe or the reaction.

You see that what we have is reaction, all we do is react and carry ideas of others, accept as-is or adapt. We do not go to the very core, we stir the mix. I have made it my

path to get to that core, to remove all the layers until I met what remained.

Strip it all away with no fear, hold on to nothing. You should not fear that if the world or if you have no moral standing, no philosophy, no religious leaning, no stance on politics that you will be at loss, missing something or incomplete - the opposite is true. At the very core of it all, when you have dropped the lot, you are left with absolute perfection and you can see that the baggage you carried was an unwelcome and a heavy load that you were unaware you even had on your back.

Chuang Tzu said;

"I do not know if what the world sees as happiness is happiness at all. As they are always on the verge of achieving it and never there, how can I say if they know what happiness really is? I only know that in stopping the searching, that is when happiness comes to me."

All philosophy can be (1)

You have two solutions for happiness and they are being so simple as to not ask or so

smart as to surpass; anywhere in the middle is a muddle - if you have not set fire to the book yet then you are in the middle. People wanting enlightenment as a release from worry will not just drop worry as they must, instead they wish for an impossible oxymoron to be true, to carry on as they are but not suffer. Why not just act as they wish the world to be?

The finest philosophy would have you drop philosophy to just act as you wish the world to be and not attempt to instil your ideas on others but leave them be. Once realised it should be acted out not thought about. You don't walk around with the cooker once you know the gas is off, you accept the gas is off and get about your day.

Ideas

All ideas are just that. Ideas and insight are on the whole wrong or fleeting and specific. We know ideas are fallible, they come and they go - so how is it the world is built on them? And it is, it is entirely built on ideas, they are not yours and whoever came up with them was as open to error as you are so it is time to let them go. Ideas are weak things yet they constitute the foundation to all beliefs and facts. It is only by group hypnosis that an idea can be held up as something of substance so we have to break the spell.

The ideas people hold dear to them are not theirs but habits picked up along the way, they can be learnt unnoticed and adopted unnoticed. Mum A likes dogs and Mum B goes all stiff whenever she sees one. Children A and B grow up to react to dogs differently. The religion held by Adult C and their beliefs thereof are based on a series of reactions. Being of a spiritual nature is human but religion is an idea, restrictive and non-spiritual. Religion is not only like looking for your eye, but like looking for your eye using a telescope as an aid. A political position or view is too a reaction, a position that would not exist if there had been no previous act to react to.

Some people feel free of God but just rename it as something else like 'infinite energy' and hold on to that, or they may hold on to science or a material crutch. People refuse to kick ideas down and see the bliss that exists behind them and instead insist on labels and dual concepts where they are a separate element of a vast universe and in doing so they hold on to false notions that offer only the illusion of support.

"There has been a stream of wisdom passing down the ages and at every turn man has attempted to collect the stream into a container so that he can wrap his mind around it. Those containers don't flow, they

stagnate, the flow continues in the stream. Let go of your stagnation and let it back into the stream to flow."

Evolution of life, ideas and consciousness

A part of the idea of evolution is to say that the organism adapts to environment. If so then we must find no surprise in a dumb environment like modern society how the organism is adapting to fit in. The dumber the environment gets then the more we adapt to be dumb. Should your environment be stimulating and beautiful, like nature is, then you the organism will be a wise shaman and not a single celled slug who's

phone has more memory and who's ideas are drip fed from culture, peers and media sound bites.

Philosophy, managing the world, and so on..

(Life is entirely right, but,)

Life went wrong when someone tried to fix it. Since then people have come in many forms from pacifist, to tyrant, to philosopher, to revolutionary and all are reactions - all react to the fact that the first fix was wrong and now we have; global solutions, green solutions, back to basics

solutions and a million more, all reactions. In politics no one has noticed or seems to care that if 20 people can not agree on something then applying that very thing to many people is sure to fail. Imagine a world order, one rule for all yet the very law makers can not agree - this can never be realised. Government is just a way we organise a collection pot to get things done as a community "\$5 each and we get a new road to share" it is not to tell you on mass what you can and can not do. The individual must govern the individual and nothing more, and together we must govern the government to do as we wish, if we wish to have one. Complete non compliance must always be a valid option as it will always exist so outlawing it is to make a criminal of the free.

Should no politicians go to work from now until someone notices then it may be some long time until someone does spot their absence, the world would most likely improve too. Law after law is passed and nothing is put right, we try to fix the fix that failed to fix the fix and forget how it all began. The grass grows and no one notices, no one does a thing and the universe still universes. Should mankind feel the need to govern the universe then that will be then end of that too.

Talk about wasted resources, 50 politicians in one day go about remoulding the clay either unsure how best to do it or blindly determined that they know best. News reports on this, secretaries document it,

people debate it, headlines fill the airways, the blogs and the minds of many people. The debate was on how to fix the issue that came about of the previous people that tried to fix this issue the last time. Not only are the current resources a waste but they cast aside all that came before. All those people could have been relaxing somewhere and the world would be better off, less time and energy would have been expended and the GHI (Global Happiness Index) would be a point higher.

What are we here for? To ask is to prove you are sick.

Happiness is the only good reason to be here on this beautiful magical planet, whoever

thinks we are here to suffer or to improve ourselves or so on is sick. Given the gift we have of a mind and senses that can observe and find wonder in nature and life we spend far too much time telling others how to be or wondering what we are. We should only be dedicated to our happiness and that can have no ill effect and so no other tasks need be done as everyone is content. The requirements for happiness are in place; us and nature. All we have to do is enjoy.

“Once upon a time the world was right” - and it still is. I am not asking for a regression, to go back to times of old, I am saying perfection is here now and simply has to be seen. The universe is in perfection, it is magical from the breath you breathe to

the coming forth of nature, to the swinging tides to the perfect simplicity of a tree - **The only unrest in the universe is on the minds of some humans.** That unrest lead to them finding fault in perfection and trying to fix it, thus starting "Life went wrong when someone tried to fix it" as mentioned above. They are trying to fix the world to soothe a faulty perception. Trying to paint the mirror as they do not like the reflection, applying layer after layer of paint so they appear like a badly painted clown. The only fix is in the self, strip off the makeup, peel back the reactionary habits and find the real perfection underneath the false mask.

All philosophy can be (2) all it really can be

I state that life is perfect but for the state of some minds and that all is in reaction to that error in mind. Yes the whole thing, the institutionalised, multidisciplinary, xyzlilion dollar, industry that we fuss over, vote for, fight wars for, have strong opinions over and so on is a big farce. Philosophy is a farce, religion is a farce, ideas are farce. I am playing my part in the farce; “May the farce be with you”.

As all the problems sprang of the error of *'thinking something was wrong and trying to fix it'* then the only true philosophy must not

make such a first step. On accepting that all is a reaction to the first wrong action, this very statement even, then how to begin?

The ultimate position is to say that all the mess came from a false start, so then the metaphilosophy of new is to not make that mistake; so here it is... "**Life is great, let's enjoy it.** (yes it is, cast aside the junk you have brought with you and try again.)" The only way to reach a point of no one making false moves is to not start. This can be adopted by anyone and integrated instantly into the world as it is now, life for those people will improve instantly and life for all will gradually come right too as adoption spreads.

This philosophy of no philosophy is to take a thing, say peace, and to state that this can only be achieved by being peaceful, nothing else. All action towards the goal is guaranteed to bring about problems so for peace, you are at peace, that's it. To have freedom for all, you act freely. To have food for all, you eat*. To have perfect government you just act well. You can not state to another how they should act, or how to solve an issue as that is to react and set up the landslide to end up just where we are now. To be truly free you must let others be. The "virtue" referred to in many philosophies is to do as you are naturally supposed to. As some trees are naturally strong, some are naturally bendy, some plants offer this, some that - that is their particular virtue and we do not apply one to

a role better suited to another.

Do not use the mind for a job of the heart.

*Just eat and not spend time deciding who gets to eat and why. There is plenty of food for everyone to 'just eat' but greed, sanctions, oppression, war and so on keep it from people. Absolutely the right to just eat should come way before any policies, sanctions or war, in fact they have no place here they are a disgusting bile that gathered from stupidity and every day that you remain in normal society you support its continuation. You are free to carry on but until you act without participating you may not complain.

What is right?

Doesn't this lead us to anarchy? Won't the world be full of crazy loons doing just as they please? Well the world IS full of crazy loons doing just as they please, only they make laws or quote ancient ideas to justify themselves. With anarchy at least you would know where you are as in the world governed by the best at manipulation as it is now then we are blind to the true meaning behind any act. Anarchy is open and only scary as that reaction you are having is a *reaction*, as mentioned a page or so ago. Truly the solution is not anarchy but a label-less solution as with philosophy on seeing the error was the start, so too we must not start and so no label is the only sure way.

Nothing to see here.

Only by letting others do as they please can I be free to do as I please. If I tell you how to be then with time someone will tell me how to be. This is a natural path and so if I aim to not have that happen then as with anything I wish to not perpetuate I must begin by not starting. I just act right, and let others be, that is all I can do. So while I am pointing out the blind way the world acts I am not asking it to change, instead I am just going to be and wait for others to be so bold as to be too.

Well what if someone wants to just go around killing everyone? THEY DO ALREADY! They often do it in your name "The Allies killed 20 today", so 20 humans died in your name. The worst that could happen does happen, the law against murder does not prevent murder, things can not improve by trying to fix the fix. Only by stating that "All is perfect and the error was in trying to fix perfection" are we able to see that; to have and maintain perfection - you leave it alone. Just get over the nagging doubt, the solution to that was a page or so ago and that will take you chipping the paint off the mirror to see the perfection of who you really are behind the mask. A whole chapter on the mask comes later too.

"Once people get talking on ethics and they start talking who's right who's wrong, it isn't long until they start killing to prove who's most ethical and eating each other raw"

Ancient Tao saying

Sick Society?

You are not sick if you see sickness in life.
You can not fix sickness in others by pointing at them and talking about them.
Like you can not cure someone's illness by shouting at them "be cured" you also can not shout at a politician "be right" in both cases the sickness is in that person.

A person who attempts to shape the world is acting from a sick self, their true self is like yours and would not do evil but in sickness there it is.

How do we cure the world? We cure the self, we perfect the light and the mirror so that when we project and when we reflect

we have most positive effect. Applying paint to the mirror to paint your version over the image you don't like is not going to work, so why apply more paint to fix it? it will be 6 inches thick in paint soon.

Politicians and the like are busy painting the world, trying to fix the fixes ..on and on..

Just stop and the world becomes natural and right. This can be the only way.

Stop it!

We do not stop bombs with bombs, we can not end an argument by taking part, you can make 100 laws but not one to stop suffering or poverty. What in fact ends the problems is non-interaction, not blind ignorance but not interacting on the same level as the problem at hand.

The world will continue to spiral into this pit of everyone watching everyone else until the insanity is epidemic. Then only the few that were able to step back will be left to make it right.

Imagine a room of 20 people arguing and 10 working out ways to end the argument. Now

a room of 20 arguing and 10 enlightened folk smiling at each other laughing at the illusion of life.

Which room is going to be calmer in an hours time if all parties are determined in their role?

Solutions

The only good opposition is one with a fine alternative. Being in opposition to something with no perfect alternative is just a waste and in fact strengthens the resolve of your opponent, making them more driven and more cunning - They will work to make

themselves stronger than if you had never set up opposition. A good alternative however is not worth standing up and forcing into place either as good things are obviously good and are adopted on mass with no need for encouragement. The harder you have to try to make your point then the weaker it is seen to be. Fine things come about because they are fine. Bad things are forced into place and forced out of place.

If you act peacefully and it is seen to be right then others will follow the lead. If you push your idea of peace into place then it will be analysed, opposed and the return force will ruin the good intentions, you will not have the peace you could have had just by acting not saying.



Part Two, Things related to your seeing who you really are.

Here Now

We are never not Here Now. We are absolutely always from birth, through every action, to death, Here Now.

We are never in the past or the future, they are unreal, just ideas, but our minds insist in wandering off into the unreal.

We choose to avoid reality, this here now and go off to a side step, a distraction, thinking a thought that takes a past or future idea, plays with it; a false thought based on

a false notion - and choose to deliberately avoid the very thing we seek.

And the seeking itself is like stepping forward to achieve standing still, an impossible method.

Crazy as it seems we are the barrier to finding ourself. There is no one who can be awakened, no one to be enlightened. When "One" is found then by definition there is no other, especially no you. No seeker.

A method to finding now is to look out from your solar plexus or heart. Don't use eyes or ears as they are filtered by the mini mind that is trained and has the nature to form time and analyse. It does this as it is too weak to comprehend the "Now", the "One"

so it splits, measures, analyses and gets lost in its own fallacies.

"The eyes do not look, they absorb. The mind is responsible for looking; its failure here is the splitting of one of the sensory inputs into values, good and bad. These only exist due to the mind itself – here is the illusion."

instead ...

*"Your empty mind,
is your full life;
The impenetrable solid reality,
is the ungraspable mind."*

Our mind is useless, our language contaminated with rules that split the mind.

Drop it all and then you are left with "Aaaaaaaa!" Here Now! it was there all along, Bliss!

What is behind the mask?

There is an infinity, an undivided One. All dualism's must eventually resolve to that from which they were born and that is the unnameable Infinite One. Naming it causes dualism and is thereby pointless. Reason as much as you need to to agree with that, but I know for certain it can be no other way.

As there is something that is infinite, it means that everything is that infinity. There is no room for infinity +1 so You are infinity. You, undivided, are Infinite Oneness, think or label and you are not, in simplicity you are, you are... but - - - you're not are you?

The Mask

You observe and something is observed. You by nature, not fault, rip the one into the many. The Infinite One is mother of the 10,000 things as they say.

So how is it that you get so tied up with the imaginary role you are acting out and not in

fascination of the infinite one of which you are? You are deliberately seeing others as the mask they wear and you are identifying with your mask too. This is the fun of life. It must be for fun as you do not conjure up such an idea from infinity to deliberately bring about your suffering. Being a human in a mask and doing all the nice things humans can do seems to be a choice infinity makes even with the risk of seriousness as a side effect. Looking at animals and children shows how great it is when the mask is not taken seriously.

The masks make for very convincing disguises, we can't play this game without a very good act. We can come to realise by logic that we are all infinite oneness wearing masks and playing a game, but knowing that

by reason is still not enough to explain the game.

Seeing Mask A destroy the nation of Mask B because of a difference in opinion is awful if you are Mask C observing. Even if you know it's masks by reason it's still horrible to observe. So we have to get beyond reason.

Yes on the human level, here with compassion as our highest attribute, the suffering of other humans and all life is heart wrenching. We would like to say "Look here infinity, lift your mask. See? it is you under there getting all serious. And it's you under the other mask too!" - but what can this achieve?

There is a danger that this view in the wrong

hands or in the mind of an underdeveloped human (one convinced by the mask) that they can treat life as dirt. This however is not the level of awareness we need to be approaching this from. Approached from the correct level of awareness we result in extending compassion even further than that achievable on the human plane (mask). Compassion goes from the high attribute and gift on the human plane to infinite compassion. Compassion with infinity for playing the game. Compassion for people who take the mask seriously, compassion for the ones who suffer due to another oppressing them. Compassion for the ones who never realise and die as the mask not as realised, awakened, infinity. Compassion for those who try to shape the world and destroy others.

Those who see the world as something that can be improved upon, that can be shaped to benefit them, are missing the spiritual nature of the Earth and themselves. - If they realised this then they would not be attempting to extend life, gain wealth and power and so on as they would have all they need in one breath.

Ultimate compassion goes out to those who are so lost in the game that they conspire to fix the rules and by nature of their perspective ruin it for the many. When they become truly enlightened then the world will rest. Hiding behind secrecy, conspiracy, fallacy, is fooling them more than anyone else and that, in the end, is funny. The so called Elites are truly the most imprisoned. They have missed the true wisdom and in

seeking to fix the human game are running to catch their shadow.

Sit in the shade, take off your mask, there is nothing here but infinite bliss.

A trap

As God is merely a label for the the extremes of imagination there is another trap at the other side of the circle. Moving along the lines of "all is one, nothing is separate, there are no things as separate to the whole, so all is the whole, so I am the whole ... "

A person can reach a state where they think they are God or the universe or the creator

of their universe. This is a funny place as they have gone "all is one" but then on doing so have then re-separated themselves and said "so I am..".

Truly when one is reached there is no I to be saying that. Language and logic trap and kill.

Just Be (Just be ego?)

Is the statement "Just Be" an admission that you should just do as you will, no matter

what? I can see that it could be. If someone with no real inner work was told to "just be" then they would undoubtedly carry on as they were and feel justified in any action.

To tear the film apart here and separate these two notions it is necessary to ask who is being and for what? If ego is being for the benefit of ego and taking its justification from the statement "just be" then it is still dual. It is acting as if it were able to be and truly just accepting the illusion. It will suffer very soon.

The only one who can "just be" is the only one there is, "The One". You may say that the one is acting as ego and in doing so ego is right, this is not true. You can live like this but you will suffer it too. The one you

are to be is the non-dual one with no other.
Be. Be by not being a doer, not an actor, not
an I-as-separate. You have to be with
awareness of the whole.

You can not achieve this. You have to first
do all the inner work, grasp the truth that
there is no doer who can possibly be. Then
and only then is the statement "Just Be"
useful.

Only when ego is recognised as play actor
can the self act without acting a fake.

Tensions

In yoga, Tai Chi and so on we stretch, relax,
breathe, ...and we feel benefits.

Watch someone who is not using these
techniques;

Wake feeling tired, smoke, eat something
heavy, drink strong coffee, sit hunched up
on the bus, arrive at work, smoke in a
hunched up posture, furrowed brow, sucking
the smoke in, hurriedly disposing of the
butt, into the office, tapping their foot as the
kettle boils, whisking the coffee off to their
desk, hunching over the desk, hand cramped
over the mouse, furrowed brow, squinting
eyes at the in-box, shallow breathing,

tapping the fingers and toes, grinding their teeth, rubbing their chin, it's only 9am ... Lunch comes, outside, smoke, buy greasy food or withered salad to justify the fat belly from last nights midnight pizza, grumbling over this and that, hunched back, tapping toes....

Yuck.

As we get in tune we find tensions all over the body but we remove them one by one with breath and posture, exercises, tuning. With time the body is flexible and comfy to be in, the body is not so apparent and we are light and free.

We..

Wake up, breath in, love the view out of the window either if it is rain bathing nature or sun hitting our eyes, out to the bus, looking at the trees, listening to the birds, on the bus, comfortable posture, breathing, blissful head, learning from the world in near silence, at work the pot of green tea is made for the morning run, sitting is comfortable, no tensions so the legs drop comfortably into a wide sitting stance, knees drop, no tension in the thighs, brow, or shoulders, mouth loose, eyes fresh, then the tasks are taken one by one with each deep full breath... it's only 9am...

Come lunch time, things are under control, tea pot needs refilling,

Tensions held in the body are the same tensions felt in the mind. Stretching out your inner thighs for a comfortable sitting position, a strong back for sitting and standing, good deep breathing, loose jaw, brow, neck, shoulders, no tension in the body means the mind is free to operate at its best on the task at hand.

Sorry, you are a Buddhist by default, so drop it and become Buddha

Religious Buddhism is one thing and not for discussion here, but Buddha left behind a

science of happiness, he studied the human mind, cured himself and by default made a new distinction to be measured by- you are sick and looking for a cure (Buddhist) or cured (Buddha). Due to you now wondering which category you sit in I must now recommend that you take a passing glance at the only dedicated and entirely thorough enquiry into the science of happiness that there ever has been.

In the two major forms Buddhism, the path to becoming Buddha, comes in the large vehicle and the small - here I point out that the small is an extremely valid way to curing yourself and something we should all take at least one look and thought over.

I do like the idea of the Grand Vehicle of Buddhism in that there will be suffering until the last person attains enlightenment, it is a fine compassionate model, but I feel the practicality of the Small Vehicle has benefits. With the Small Vehicle it is sufficient to cure yourself and this works on 4 levels I can identify even without trying too hard;

1) The grand vehicle is looking to humanity and will never know the state of beings in other dimensions or levels of perspective/awareness to humanity so could never fully know if the goal had been achieved.

2) Both vehicles require the self to be corrected first and so the work done there is

beneficial either way, the Grand Vehicle has no standing over the Small in this case but the Small sets a realisable goal.

3) Once enlightened then the enlightened being sees all as enlightened so the job is done at that point. Once the person has come to the full realisation then there are not even any other beings to enlighten as all is one. In suffering or ecstasy they are all faces on the one jewel. Certainly the enlightened being is not contributing negatively to any situation so is in no wrong. Even selfishly ignoring war and suffering is not bad in this case as the perspective is different, no harm is done, and it could be seen that the state of the individual could even be helping cure the world even by apparent non-action. Non-interference in matters in this case is a

high attribute. "I know how to leave it alone". "The grass grows by itself". "The water settles not by playing with it". "Bombs don't stop bombs and shouting does not end an argument".

4) Compassion for all is a nice notion but can your perception ever be so encompassing and still accurate? It is tough to put yourself in the shoes of another and certainly impossible to do that for 7billion people. We can feel compassion for those in war-torn parts of the earth but is it for us to suffer for their suffering? I think not for two reasons and yes for one obvious one. Obviously we feel for them, this takes no explanation but the two reasons we can put it aside are that 1) If we were them we would handle it, so we must trust them to do

the same. Also if we were suffering greatly we would not want others to mourn us, we would want them to enjoy life. A cancer victim would rather have happy people around them than mournful souls. 2) We can not fully know their feelings or intentions, we may offer up a solution that misses their true needs or we may misunderstand their wishes or ways of reasoning.

So the Small Vehicle is enough I believe as it makes enlightenment realisable and as a bonus it could lead to the grand realisation of the Grand vehicle if all beings awaken, it does not stand in the way of that goal only facilitate. It is not restricted by suffering outside of our control and it reminds us of the fact that self realisation is the key. All can not be awake if you are not first awake

and we can not awaken others on their behalf. When we are awake then we are more useful to the world than when in bondage. This key to fixing the self and ultimately the world lies then with the Small Vehicle.

And the Small Vehicle does nothing against the Grand Vehicle only facilitate the goal.

A clear View

That something (call it a universe or any other name) has come about and produced forms, some of which feel separate and the various emotions, you can only feel a deep compassion. Most of all to yourself, as you too are as illusory as the rest. Any negative must be put aside as to attempt to form a better way whilst being a suffering part can neither benefit you or the whole. Never make a choice whilst sad. All decisions must arise from happiness and so the future will be based on this.

Vinegar

In the picture "The Vinegar Tasters", Confucius, Buddha and Lau Tzu stand around a pot and taste vinegar.

Confucius tastes sourness as he sees the world is out of order, it used to have great structure of respect, the emperor stood between man and heaven and ruled, people followed ritual handed down through generations, and now the world is sour.

The Buddha tasted bitterness, as he saw only people with too much desire, desire they could never quash and so they drove themselves to a bitter life.

Lau Tzu says the vinegar is perfect, this is how it tastes, heaven is on earth, too many rules spoil it, you can't change the taste of vinegar with a rule, this is its nature, we should not force the way, nature has her way and she follows Tao, if you understand the flow, you understand the world.

There is simply nothing to worship

Taking you as a light bulb and your reality as the light and shadows around you that you alone cast, then you can see that there is nothing to worship.

You know that you, ego you, is transient. Ego you is sure to love the idea that it creates reality but be clear on the fact that it does not. Ego too is a shadow of the true self. The true self is not even the life source you feel in your solar plexus, or the love in your heart, or the bliss in your head, or at the crown, or the MEness that you feel, or the whole or the infinity that you imagine, it is unknowable except by its manifestations.

Calling anything It or God is simply applying a label to the point your imagination ceases to go on. Claiming a limit of your perception to be a thing of value.

The manifestations are a tiny fraction of that which is, we see a slither of the self and we see it through limited senses. The 5 senses are low in ability and limited in scope, the gaps between the fingers, the gaps between the senses, the low scope of the eyes, ears and so on. The bliss in your head, the love in your heart, the life force in your gut, these 3 sources are higher than the 5 senses yet still huge gaps exist. Enhancements of the senses such as telescopes, microscopes and computer models also have limits, with modern tools or ancient self investigation

techniques you will only ever see a tiny slither of reality.

You are in the realm of the hologram, each new layer looks quite like the one before and is no closer to truth. As part of a hologram you are bound for mystery and never to grasp the whole.

Admit you don't know, and can't know. Wonder in the majesty- but don't worship a thing, a concept or a notion. Don't worship the whole, that too is just a level up the hologram no where near truth and you will be claiming a limit to your perception to be a thing of value. Don't look down as when you move down through the core of atoms you will too look to infinity, never closer to truth. In and out, up and down, is infinity.

Where you sit is infinity, there is no size or structure in the world you see, only notions you apply to a hallucination you cast about you from information. Only the information has reality, it has no appearance, no size or form that you do not cast. There is no out there, out there is your representation of information that comes from a source of no form, size or time.

To worship a thing, to form truths based on things is to miss the viewer. To claim viewer as source then you forget the viewed, to claim the action of viewing as the source is to forget the information behind viewer and viewed, to claim the information and act of viewing combined to one as the source you omit to say how this too can be known, there will always be a duality until grand

admission of impossibility of knowing. To wonder in the knowledge of unknowledge is still to attempt to know or be known by applying a cunning new label.

Only by not even looking can you see by not seeing, know by not knowing, have by not having.

And this comes from not trying. Just be. The magic is there for you to see. It arrives by not trying, wu wei, and you should see by not seeing wu see, and know by not knowing wu know.

Wei Wu Wei

The concept of Wei Wu Wei begins with Wei, which is action, and Wu which is negation, or without. So wei wu wei is action without action, doing without doing.

This is the supreme action of Tao, nature and man, yet man is the one who does not follow his nature but his desire. When man flows to the natural way, he follows nature, which follows Tao, he will never be wrong or out of place.

Move when it is time and the movement is easy, try ahead of time to shape the world to your desires and it will be work. Do things when they are easy to do. A little comes to a lot.

Here is looking at me

If I look at you and you at me, then I exist in your mind only and you in mine only. Who started it? There is only one mind of which we share, our MEness is from one source (of no source) and our separation is hallucination. Our our, our being an our, a me, an I, a Bob, Janet, a dog, a fish, a hive of bees, is hallucination. Don't think for any one moment it is a bad hallucination that should be stopped or cured - it is wonder beyond belief.

There was no beginning to all of this, time is a fabrication of MEness, there is no solidity to any notion built from a hallucinatory foundation. All your ideas are formed to

explain the dream we share and if a vegetarian can explain the taste fish pate to an amoeba then fine carry on trying to explain the grand mind to a human. The level of awareness is simply so far removed, the senses so restricted as to blind, the entity attempting explanation too a hallucinatory conceived fallacy, contained in the very thing they aim to explain, that it is surely a dog trying to feed from an image on TV.

No line can be drawn, no definition made, the human can not know the totality. The totality can not know the human except in terms of the humans reason. The totality is acting as human and is as fallible in this role as the human as - that is what a human is, totality dressed as a human. Once it takes the role of human it is restricted by the role.

Truth is realised not in language or accomplishment, it serves no direct medal to the ego except to dissolve the ego and reduce it's claim to being. In this way truth is desirable as it removes falsehood and provides a sharper image of that which is, but the ego desiring it is what is lost with each motion towards the goal that it so selfishly desires. Like a fly called to the light it will surly perish from its desire - and this provides a shockingly blissful realisation of truth that, oddly, no one remains to see. At the time of realisation, the realiser has disappeared.

Silence

Silence is the purest doctrine, it is so perfect. Not silence in sound but silence in mind and thought.

You can lie, sit, stand, walk, wash, chop, stir, play with water, watch a tree or any such simple action and be blown away by the perfection of it - until you think. This is why science is often lifeless as it insists on taking things one by one, bit by bit, as if there were any bits even! The bits are made by the mind and the understanding is, from that point, incomplete and lifeless.

I think an empty mind is perfection, yet I also wonder how can an empty mind be perfection? Is it not too simple? It can not explain itself. -- but then I realise the problem - I'm thinking.

nice isn't it?

If I could write silence of mind down I would need a new word so here it is there did you see it? It is all over the page, between each word, not the comma, the space. The space between the words, the space between thoughts, ahh, there you go, a little more than normal...

Now watch for the gaps between your thoughts and see how much nicer they are than the thoughts.

give the mind some room to see the truth,

Still learning

The first student entered the room of the master and sat.

The master said to him; *"You may clean all of the dust from your head but you will still be left with a broom."*

The student thought he had understood the teaching, stood, bowed and left.

The second student entered the room of the master and sat.

The master said; *"You may clean all the dust from your mirror but what about the dirty cloth?"*

The student said; "There is no cloth."

The master said; "Then what of the mirror?"

The student replied; "That is your mirror not mine." He stood up and left.

At this the master became truly enlightened.

Empty your boat

The Tao story that filtered down into Zen, through to more normal Buddhism seems also to be quite common in folk tales so you are sure to have come across it. It is the story of the man who on crossing the water would be angry about a boat with a driver hitting his boat but not bothered if the boat that hit his was empty and drifting freely.

The story would then encourage the reader to empty his own boat and I would like to

look at at least three useful views you can take from the simple story. 1) Seeing other boats as empty. 2) Emptying your boat. and 3) Admitting there is not even a driver.

1) Should you be on a busy street and have to step around a box then it would take a very angry person to complain. Should the box be replaced by a drunk man then the disruption to your walk, a side step and carry on, would be the same yet could cause some people to complain about the person blocking their way. - In this case we must empty the other boat and just flow around any obstacle with no blame on it.

2) The above can be cured also by your emptying your own boat. If you clipped the drunks leg as you stepped by then they may

complain. If you made it by with no interaction still you could complain. In all cases if your boat is empty then nothing is done and no residual wave is carried into your next actions. The empty boat glances off the other and goes where ever it is going next.

3) In both cases we were asking the driver to effectively disown their ego reaction to the world and this may be argued as being asked to be a zombie or to attempt to throw away life and not have any care of that going on around you. This is not the case. The empty boat still goes to many places, it just never gets lost, never fights the tide or wind, never tries to go one way and dislike going another. The empty boat, rather than picking up some anger or murmuring some words

"damn drunk", telling their friend how the drunk was this or that and in doing so passing on the ripple to another, instead of picking anything up and being left to drop it in the future, has their whole complete mind on the pleasure of being.

The empty boat still hits stuff, still gets pushed about by the wind, still will get old rotten and sink, but by not attaching to it's form or it's destiny it remains open, with no driver it never misses one moment of truth.

The mind is on the pleasure of being and no where else. This boat never carries excess weight that has to be dropped later, that weight is simply not picked up in the first place.

You are the plus, the minus, the wire and the electricity

Watch someone playing a hand held game and you can see the circuit in place. The screen gives a display which is carried invisibly to the eyes, processed in the brain, signals sent down the arms, the fingers hit a button, the electronics process and on the screen either Mario lived or died, the signal is carried invisibly to the eyes a response is produced in the brain, signal down arms, etc etc..

Look at a tree. As you breathe the tree does too. What you pull in, it expelled. The bronchi in lungs resemble an inside-out tree. The process of breathing is not yours, you are in cycle with the lung of earth. I like to think the universe is 'a breathing'.

Chuang Tzu was challenged many times on the uselessness of his teaching and many times told stories of how uselessness is a great virtue. The huge gnarled tree that outlives the others was not fit for any purpose and so lived a grand long life. Chuang asked one of his opponents to tell him "of all the land, that beneath your feet or the rest of the earth, what is most useful?" The reply was "that beneath my feet" and Chuang said "if i remove all the rest of the land, leaving you on two foot shaped pillars

and a gaping chasm around you, it won't be long until you understand the usefulness of the useless".

This debate is fun but my point is that there is no uselessness, Chuang too was saying that in saying useless is in fact useful. We have to see that all is interconnected, all exists because of the rest and so we find the unity in all things. We appreciate oneness.

By appreciating how you are not "that body" but the environment that you are in and your reaction to it - it will encourage people to make a better environment. Man's attempt to tame and control nature is completely over. Many still carry on in vain as they won't admit it or don't know how else to think but it can't last.

When we appreciate the circuits, the cycles, the interconnectedness and further when we see that this complete process is me! ..then we see that a chemical to make an apple grow bigger will affect the whole "I" and not just the apple.

We are, individually, each a very sensitive feeling element of the whole, something to stay mindful of in life is how you are constantly sensing; fluctuations in air flow, light, sound, a tiny waft of a smell can alter your complete train of thought, we are that, we are that special sense of the universe. We are inseparable, we are it, and our position is sense and feeling.

Most people seem void of both!

School time Religion

I am concerned and a little perplexed when I see people follow Jesus figures, gurus and others.

Tao is Wisdom

Taoism is religion

If it is not clear yet then let me state I am not religious and I feel religion to be a failure in the person.

Wisdom is everywhere and it happens that some of the purest recorded wisdom comes

in the Tao Te Ching. To feel though that the 81 verses are all perfection and that nothing exists outside of them is error and understanding of the first chapter is clarification of this.

"The Tao that can be told is not the Tao."

Tao was the term Lau Tzu came up with when he backed himself into a corner and decided that, if pushed, he would call it Tao. Truly, and the way I see, there is and can be no name.

I would like to use another name, this is the trap of language, we kind of need a name to communicate, yet communication can not carry Tao.

Truth is FUUUUUUU!!!!!! WOW!! and then a calm deep intake of breath.

That we can have !!!! here, this - look I can touch, feel, see a reality, there is an indication there is a me, and a you, and so many of us, animals, creatures, love, hair, feelings, bam! In front of us.. us, wow! that is incredible.

To conceptualise reality (what you do all the time and the next 80 chapters of the Tao Te Ching) is error.

There is absolute magic!

The atheist, the nihilist, the day to day person, is not wrong, they just deny or miss the magic.

The religious person any form of "-ist" or "-ism" is not wrong they just feel there is somewhere or some method to finding "it" - not wrong, they are just looking not seeing.

Teaching and wisdom points, that is all.

It seems so many, even though they can quote "finger pointing to the moon" still are hung up on the finger.

Well, finger to you, middle that is, there is bliss and WOW here and that is all I am here for.

A Zen Story

The master took his favourite pupil to one side and sat down with him by the lake.

"I will be passing away soon and I want you to take my position. Here I am passing on a book of great old wisdom that has come down the ages from master to master. Generation after generation of great masters have there words here, I have even added some notes of my own and they will surely help you along the way."

The student grabbed the book with both hands, threw it to the ground and set fire to it.

Thought Provoking

It must happen, but the worse thing someone can say of a spiritual work is "Thought provoking". Complete understanding has no thoughts. Thoughts arise from an incomplete understanding and once caught can grow and grow. So when trying to pacify the mind, provoking thought is not good.

There is the Koan of course. "Where will the next raindrop fall?" designed to have no answer and stun the mind to silence so provoking no thought and is a genius of Zen.

We should be able to accept that "I (when I was the universe including the human under

a tree when he became the Buddha) have experienced complete and full enlightenment. Therefore I as me now this idiot with a cup of tea and a bad hair cut am, without any thought, too able. All the thought and reason required for complete enlightenment has been done and my going over it again with my foolish mind will not help only hinder." This is where I laugh at Zen students following strict regimes and not one of them achieving enlightenment due to the very strictness. The Buddha never read a book on Buddhism!

But that is not to promote blind faith and that stupid misinterpretation of the New Age "I am enlightened". This is a misinterpretation of a tool used in the distant past. A student who had done the full work

to become awake had one step left and the master would hit them with "you are awake" and the student would awaken. This however requires a knowledgeable master and not an ego saying "I am awake", what a joke that is.

So blind faith is a no and thinking to attain is a no.

Think and reason until you see there is no use in it, then whenever thought occurs decide if it is useful, it is very rare it is, so open the space (mentioned in Appendix Meditation) and accept; "I am dumb to think my mini mind can do this, all the thought has been done and the proof is there" Boom.

*"Fear is in your Head
Only in your Head
So Forget your Head
And you'll be free
The writing's on the wall
Free-yeah, And you can know it all
If you choose. Just remember
Lovers never lose
'Cause they are free of thoughts"
-David Bowie*

Reason

Where do you get by reasoning Up and Down, Right or Wrong? only to another place based entirely on them! Rather than reason the false notions away you look out of the window fooling yourself of a unique view whilst using them as a prop or stool to get that very window view. How silly it is to reason away false notions of language by using the very same.

There is no path as paths lead away. No method as a method requires I to do it.

So how then do you act if you can not be involved, are you just a passive onlooker? No, you can't be as that is I fooling itself

that it is just looking on and not acting when I is still looking on, present and hoping no one spots him! We have to beat the ego away, but how if it is not there? Only by reason, unfortunately, we must do what we know can not be reasonably done, use a notion to prove the notion is false. How ridiculous, and this is it. Reason and reason until you see that it is hopeless to do so. Then the ego can disappear in a puff of its own logic.

Look out from the heart, the breathing naturally alters (correct breathing is a consequence, not a means), the body looks for a place to sit (meditation is a consequence not a means), the mind is wide open, so open as to leave nothing out, has all the wisdom and compassion available to it

(these are consequences not means) and the universe sits in perfection.

..and then you think about it, and spoil it all. The Buddha saying "I am awake" was not. For that moment he stepped to the un-awakened level to communicate the message, as masters do and have to do. This communication, one to another is not awake, Awake can not be communicated in words so all words are traps. This is why they say that "anyone calling themselves awake is surly mad" as no "I" can be awake. To talk from the non-I you don't make much sense.

SO-- all these ideas of using compassion and meditation to achieve Oneness are self defeating and only a monk of many years can spot this. That is what the masters do is

set tasks with the intention that the student can realise for themselves. As the truth can not be told in words this is perfect for a monk but has lead to a **million false teachers passing on the lesson and not the solution!** As they have never found it they convince themselves and their unwitting student that the lesson is the goal, reinforcing the very I they seek to to lose and blinding themselves to from obvious.

 stop.

We can only know the flow by having known the still. Only know being by our knowing non-being. Don't reason this as you trap yourself, just know it without reason. It is the ego that is reborn over and over into this trap. With practice (of non-practice by no-one) you can spread out the ego rebirths. Stop coming back so often to Samsara (I looking forward and back) and stay with Nirvana (no I bliss). There is no I only a continuum of consciousness. Unlearn the tendency to return by the fact that this can not be denied. But never never affirm it or deny it, as to do so is to maintain the idea as something reasonable, and this will have the ego convinced that I can be awake and you have to read it all again.
 So next time, do as you are told and Stop!

Love is the drug

People looking out for love are surly attempting to find someone else to "complete them" and this is not healthy. If a broken person finds solace in another then they will apply pressure to the relationship and may not be loving the person but the love of the person, loving the love not the lover.

Should the relationship have difficult times and the love seem to weaken then the person is back to the incomplete them, minus the support of their lover, they will surly handle the situation badly and lay blame around rather than be pulled through by genuine love.

Having not been fully able to love themselves, they did not truly love their lover, love is not strong enough as it is not real enough and blame occurs.

When love is real then the other person is loved as the self and change in them is accepted as change in you. You know that your desires and goals can shift as your life goes on, and so too you can accept this in another. Should things go bad, love is still

true, bad times are ridden out and even a possible ending to the companionship is taken with an understanding of the way of life. We can not say to our lover that we will be with them forever and nothing will change, we can hope for this, we can do our best, but that is all.

In loving yourself you are fit for the world, in loving yourself your natural path is towards others who are equally ready. A path of lust brings lustful transience, a path of love brings true love. The corrected beings come together, love and respect as they would understand themselves, apply no demands on the other and in doing so unite for as long as is nature's way.

We can not fill a broken heart with a broken heart. We can not complete a person with an incomplete person. These methods may form support, relationships may form, love may form, but there will always be the same underlying issues and from these cracks in the foundation even the most smoothly polished exterior can tumble apart.

There is a quote: *"it is not for us to find love, but to remove, one by one, the barriers we built inside that keep us from it."*

When that has been done then true love is present and will build bridges from one heart to the next.

Infinite Universe Love

Love, when the mask melts between two people and the bliss of oneness becomes apparent through the veil of separation, is experienced by true lovers. The feeling of two people and one heart, or joining of selves, is the universe seeing itself through the disguise and touching bliss.

Enlightenment is the mask melting from over all things. The imagination swallows the universe, the ice caps the volcanoes the swelling oceans, the vast sky, huge planetary bodies in motion; the sound of rain, insects hiving, bears roaring, life, all sounds coming to Om; pulsating, merging, patterns of being, the energy united:- The

"parts" unveiling to merge and display their pure unity with the true and only knower.

The loss of self and the finding of the one true self in a motion and the discovery of infinite bliss.

Death

The you that fears death, that thinks it will be reborn or go to heaven, is not even real. Only the ego can fear its end and believe it should go on to a new life or heaven as it fears what it knows, it came and so shall go. Only an ego is imperfect enough to believe it would get another chance to prove itself. The bit of you that is eternal can not die and was never born, the timeless, spaceless, non-thing you will go on, not the ego.

At death the ego thinks it will watch in horror as the body gives up and the ego is left with no place to go, on watching its host die it hopes it will have an after life. In death however, the ego is first to go, it leaves the still conscious body and just stops

being. Illusion over. The conscious body is connected to all wisdom from all lives and can die in peace. The conscious body can have its death experience free from ego, all will become completely correct, nothing left unanswered.

That same state, that your ego fears, which is pure bliss, can also be reached in life. You can let the ego die, it is sure to return as illusions do, but killing it for a short amount of time gives the same bliss of true self that is met in death. The ego will do all it can though to prevent you letting it go even for a short time, it will hide, manipulate, pretend to be you, and more. Drop it, it is an idea.

Embracing Death

Many would hate to die, but do not fully enjoy life. I love life and could die at any time.

Not that I would take my life or encourage it to end, but I see the difference is important. Those who fear death and do not enjoy life are of the opinion that they have not done all they want to do, are not living each day fully, have friends and relatives who they would need to say things to. The key being they are not so in love with life that they could let it go.

The Taoist saying that; "A person should welcome death as a person after a hard day

at work welcomes sleep" means the same thing.

Many Yogis train themselves for death, the Tibetans train themselves for the entire death and after life process of choosing a new rebirth body, I just think you can get so in touch with life that you can not see death as bad, it is as much a part of the process of life (of the whole) for our bodies to come and go. For sure we would not wish for death, encourage it or say life is invaluable, I can see that someone unused to the concept may draw those conclusions and they are not what I am saying.

Never living for the past and future, with life happening right now, then death is not in the picture and if it came then you would

take it correctly. Living too much in the past and future then death could catch you unaware with lots of thoughts you had not cleared up.

Love life, die to the moment.

Rebirth

There is no you, no I, only the one with no two, the infinity, the EveryNothing of which you are. It is this whole that reincarnates with every new moment, each new moment is creation and each new moment is the rebirth of the previous moment. All is change, that is all.

In the masterpiece "Transmission of the Light", when Kumarata attained enlightenment, it was said that "his knowledge of former lives was awakened". Very importantly, he saw all as himself, not that he had been a fisherman by a lake or a king on a throne, he realised the truth that

he was all things, he was the liver of all lives.

There is no separation of selves on the plane of truth, only in the holographic, hallucination of 5 senses. In truth we are living all lives simultaneously, but feeling only separated atom selves. We are all the fish in the sea, birds in the sky, we are each other, we are the sea and air, we are the people arguing and the people loving, the man punching the other, the man with a broken nose, the nurse helping the wounded. We are every role, we are that.

Error seen in another is them reflecting part of you back at you for you to learn from. Good seen in another is recognition of good in you and recognition of how you should

be. The bad man is the good man's teacher just as the good man is to the bad.

It is the whole evolving, this is the process of infinite consciousness learning how to best use its potential. All is consciousness and all bad is a disease in consciousness, bad seeing is a bad mind is an incomplete person. Infinite consciousness does not know how to best be a human without being a human, so it learns from us as us. See bad in others as that is what needs correcting in you, when your outlook is correct so are you. You feedback to the whole and you feel perfection flowing back to you.

The Ultimate Question and the Ultimate Answer

The Ultimate Question:

Does this provide me a feeling of separateness or wholeness?

Ask yourself about everything that occurs in front of you in life and every thought that bubbles up. Does this provide me a feeling of separateness or wholeness? If something is causing you a to feel separate then it is not a useful thought, drop it.

This can be known by us all who understand the unity of all things. Separateness is illusion so any thought or notion inducing

that illusion can be dropped without a second thought.

Take a look at the news; It fills people with separation and a feeling of individual weakness. Take a look at the worlds of fashion, marketing, self improvement, weight loss, sex gain, good life, love life, wealth wins and religious sins. All amplify the self, the separate self, in a world of comparisons.

The ultimate answer;

Here is the simple truth of it all.

Does this provide me a feeling of separateness or wholeness?

Yes, drop it, it is false.

or

No.

When No has become the living normality and yes's are dropped without consideration then enlightenment has been fully realised.

Freedom (of a tree)

For me to be truly free, I can not tell another how to be.

It is my not leaning on another in any way that truly justifies my position of freedom. Should I tell a friend that they are wrong to do such a thing or take a stand against a powerful corporation about their policy - I am in both cases asking for the same in return, that they can also do the same to me.

Only by not forcing on another, can I be just in my position of true freedom, and not have any force come upon myself.

How then do we take a stand and form the world if we can not act like that? There are those who will saw the branches off the tree. There are those more cunning who will tie the branches at a young age to have them grow a desired way. There are those, like me, who love a natural form no matter how it goes. Most people have grown up with wraps around them, they have restricted and deformed growth of their character that will take big work to even notice before it can be removed. From a restricted growth they look out and too wish to form the world around them by restricting, forming and shaping. They may even take out a saw to get their way.

The only way to go is allow others to have their way so you can live out your own

natural form. Hopefully with time they will notice the constraints on them and reform themselves by inner desire than by extremal force.

Life (an adapted traditional tale perhaps pre-dating Chuang Tzu)

A fisherman is done for the day and he is lying down, relaxing beside his boat, smoking a pipe.

"Why aren't you fishing?" a rich passer by asks.

"Because I have caught enough fish for the day," the fisherman responds.

"Why don't you catch some more?"

"What would I do with it?"

"You could earn more money, was the reply. You could put a motor on your boat and go

into deeper waters and catch more fish. Then you would make enough to buy nylon nets, which would bring you more fish and more money. Soon you'd have enough money to own two boats... maybe even a fleet of boats. Then you'd be a rich man like me."

"What would I do then?" the fisherman inquires.

"Then you could really enjoy life," says the smiling rich man.

"What do you think I'm doing right now?" answers the fisherman as he gets even more comfortable in his seat and smiles back.

When is bliss?

The mind is multi-threaded; able to day dream, hum a song, negotiate a car journey, chew a nail, and more all at once. As the mind has this tendency to swirl around on it's aimless multi-threaded path then work on the multiple chakras is a one way to calm it. If you are in touch with chakras (which like a separate self don't truly exist, but like a separate self, persist in seeming too), then you can sense a certain lovely feeling in the very top of your head, lower outer brain

section, throat, heart area, gut, groin, even lower and even higher, you can if you wish feel a chakra as if it were above your head, they all emanate from one source but you can notice them as separate.

We do not need to work on chakras any lower than the solar plexus, really the top of head, head and heart are the keys and the solar plexus is a nice grounding point, when bliss can be felt in any at will, then calling the throat, groin or base or any other into line is simple. As the mind can hum a song, think and fidget all at once, then we can instead occupy the mind with recognition of the 3 or 4 most powerful chakras; then extend that to the throat, gut, groin, ground, and from those points sense a line joining them all. This thread can then extend upwards even out of the body. Maintaining

the sense of bliss throughout this activity is highly beneficial, the mind is unable to wander as it is transfixed on the bliss here now.

So the mind would like the future of X, Y or Z to occur, or to mull over past A, B or C's, but on drawing it to now we remind our wandering mind that "here it is, this is what you are trying to get to". Reminding your inner self often of the truth that bliss is "right here" then we can ask our nature to look in, not out, for answers.

The next time you catch your mind wandering off, don't try to solve issues, or think how to achieve goals, just grab a hold on the most prominent chakra and spread your awareness to the rest. Breathing will

become noticeably slower and deeper, bliss will flow and: When 'now' is right, so then is the next now, and the next. The future isn't going to arrive, now is the future, perfecting now means there is no future to plan for, no past to regret. Get now right and life is right. Perfecting the self can be seen as the highest step in fixing the world, looking out to fix the self or the world, you'll never get there

A note on solving problems is just just ask the question internally then completely forget about it. The answer will come when it is ready, interaction will spoil the clarity of the reply.

Meditation and Wisdom

A master does not have to meditate, there is nothing to do. By contrast someone with much baggage has to learn to meditate first before finding any benefit. They must progress and with time get better at it, work through tough issues, battle on. It is tough for someone with a whole world seemingly against them; commitments, habits, plus a past that they took no part in forming, even

ingrained habits in the way thoughts are processed. It seems this mind must be opened then worked with. Further still there are barriers in the way people have learnt to learn. There is so much to do.

Yet the master does nothing, and the best advice is to do nothing.

What happens is that when someone has that first realisation that something is wrong and needs to be made right that they find a master. This does not mean to find a guru. A master or teacher comes in many forms and you will have many on your path. (The trap of taking one guru, one path, is a hindrance.) Masters can be lakes, books, children, pets, forests, exercises, breathing techniques. Wisdom is everywhere. Something said one

day that seems meaningless, something overheard in a passing conversation, a line in a book, can pop back to mind with great relevance in the future. Past actions can come back to haunt - this is all good. Nothing bad is happening, has or will. It all makes sense.

Don't hold onto bad memories, don't hold on to ideas. The more you learn the less you need.

Life can be plotted like a graph. Your life may seem like a distorted sound wave when seen as a graph, with no pattern only random ups and downs. The aim is a slow, smooth, sine wave. Waking through sleeping follows a sine wave, you will know how smooth or haphazard. Eating and work habits follow waves too, but all these waves

interfere, the waves collide and the resulting interference pattern is your life, your wave.

Meditation smooths the wave, it brings waves into sync. (See Appendixes)

From entering the path from seeing something in life is not right you go about soothing your wave. Ultimately you can smooth your life wave on the grand scale of rebirth; you can be born very infrequently, very smoothly, very controlled. For now you may aim at smoothing your Samsara Nirvana wave - how often you are in illusion, how often truth. Until then you have many more waves to pull into line.

So the master would just sit still and the wave would settle. The unlearned will try to locate things that ripple the wave, that cause distortion and unbearable ups and downs.

To get from a false living to a true being there is a journey. A wonderful one. You will learn many truths that become false. Say you learn about Chakras and they give you great benefit in finding imbalance in your life. Then in the future you learn that Chakras are not even real and only apparent when they reveal themselves due to imbalance - This is not a bad thing, it is part of the journey. In finding stillness you will have to learn many nearly truths to help you over the false. Then it becomes easier as your knowledge of truth becomes more

penetrating. Many nearly truths reveal themselves at just the right times, they help soften the fall from a false, but they must all be dropped in the end, there can be no crutch when all is one. No guru, god, method, style, ..

The hardest part of the journey is the beginning as it is a journey - the end is a shock as you realise it was not.

If things don't make sense then you are not ready for them yet, or they are just false. Only in furthering your training do you develop your truth penetrating vision to see what is what. You will see through fallacies you will know when you are ready to adopt

tools, say a year of yoga, and drop crutches, say yoga when it is no longer a tool. If you are not developing, then it is a crutch. All tools can become crutches so tools are both necessary and dangerous.

More confusingly still, once enlightened, tools are still required. Using a tool but dropping a crutch is an ongoing thing. In this world it is hard to remain enlightened, the wave can be slow and smooth but will still have drops. It is easier for a once enlightened to notice a drop and pull it back, but it is still required that they remain diligent and do. An awakened person can make many falls. Three of the worst being hiding, contentment and awe.

1) Hiding from the world when enlightened

narrows and weakens the human, as a result the mind is weakened and the person can not relate to normal life. A great warrior is enlightened in daily life, rubbing off on normal people, spreading the wisdom and not sitting in a cave depleting life force.

2) Contentment in an enlightened person is a danger as diligence and mindfulness weaken, weakening the mind then the body. This going unnoticed, the person will have a sudden drop and will not be so ready to pull themselves back.

3) Awe. Being in awe of the one is dangerous as openness is lost to partial focus, the mind is narrowed, the body weakened but feels strong. The awe takes like a drug supporting the body and

preventing the body from meeting its needs. The drop can be hard to return from as mind and body took solace in the greatness but gave nothing back, they took and failed to maintain, so that when the fall came they were weak and unready.

Be awake, be aware. Meditate in life not just in sitting. Open, watch. Watch the mind, watch the great mind, be at ease, be on the ready. In work rest or play; be a ninja in the way you act.

What is stopping your enlightenment?

In the Classic book 'Transmission Of The Light' Daoxin said to his master;

"Please give me truth that will set me free of bondage."

The master asks Daoxin *"What is binding you and keeping you from awakening?"*

Daoxin said *"Nothing is binding me."*

and he realised the absolute clarity of truth.

Click

Someone enters the room and talks of wishing to achieve enlightenment.

I say how and when? this can not be done any time in the when! It can't happen when only NOW!! and I waved my hands in front of their face, waving wiggling fingers in patterns, look, see? it is and can only be now; lift your hands, move them, clap and hear the noise, knock on the wall, hear it resonate, see how you do not penetrate, look out around you. You are causing this. You make the sound, you you generate the reality, this is it, wiggle, wiggle, wave, wave...

They said "*But anyone can do that.*"

Yes, I said, smiling, grinning; but they don't do they? They insist on doing something to achieve in the future and not just see the obvious.

Religion (filling out a form)

Religion: None.

"No religion Sir?"

"That is right."

"So you don't believe in any God or have you not made up your mind?"

"I have gone through it all, thank you, I am awake."

"Then what is all this?" (the man makes an open gesture at the world and reality around him)

"This is bigger than God" I smiled.

Philosophy in a brief moment

No one is freer than the one with no religion, set routines, solid philosophy, goals, ambitions, clear notions or ways. Those in society program each other to have these things then recursively program themselves and the infinite recursion becomes a set of beliefs and strong "knowledge" that is 100% second hand.

She said "I don't know" and I clapped my hands in joy at her honesty and simple perfected bliss.

The way is not to have such ways. The philosophy of no philosophy, the path of no path, the Wu Way.

Part Three Summary

*Why seek happiness?
When the quest only defines sadness!
Breathe deep, or sit,
for; 'this is It!'*



Part Four Appendixes

Appendix Yoga

Yoga: To Yoke: To bring body and mind to one. Yoga is not moving the body into odd positions, that is Assana, a part of Yoga. Yoga comprises a number of activities from breath to diet to assanas.

The most important part of the assana regime is to get the body flexible enough to sit for extended periods. It is not to show how flexible you are as that is not required

for spiritual gain only ego. If it is fun to do, do it, if you benefit from the stretching, do it, if you want to show off how long you can stand on your head with full lotus, then don't.

The poses are held to maintain the stretch but more importantly to hold the mind. A good yogi will be able to hold any pose so comfortably that the mind is absolutely still. Holding a pose and gritting your teeth has no benefit.

The most important gain is to be able to sit for an extended period to allow deeper mediation. The most important pose is Dead Man's Pose. Dead Man's Pose is how you begin an assana session, how you rest between each pose and how you rest at the

end. It is the hardest to perfect and I recommend dropping all others and focusing on Dead Man's Pose because it is 1) great for the body and 2) a meditation pose. Perfecting Dead Man's Pose helps you learn your breaths (full yogic or diagrammatic breathing are easy to observe) and get deep meditation without concern for the body being uncomfortable.

From the Dead Man's Pose you should then put the base of the feet together so that your knees are off the ground being pulled down by gravity, and just rest there, continue breathing. With time and no effort the knees drop a little stretching the inner thigh. This is an effortless way to stretch the inner thigh and makes sitting easier. Then rest again in Dead Man's Pose to rest out the stretch.

When you have used Dead Man's Pose long enough then you know your breaths, have meditated deeply, and with the stretch exercise adapted your legs. You are now fit for sitting meditation, the rest of the asana work is not required.

Now sit upright and see how you can get your legs comfortable, back straight and join me in the next write up for sitting meditation. You will probably not find full lotus useful to you yet, also if you look at pictures of deities, they most normally sit in half lotus or an adaptation. Half has the major benefit that if in pain you can swap sides and adaptations of half include some solid sitting poses and no discomfort to the western body at all.

Appendix Meditation

You can not be enlightened. When you are one, then by definition, there can be no other, especially no you. So enlightenment is a very special state that has no doer.

So in proper meditation, you can not "do it" you can not do it to get to somewhere. Meditating the mind on something is duality, meditating by some method is dual if you use the mind, eyes, any such system.

So - Find the place between the solar plexus and heart, about the base of the ribs. Don't

meditate on it or dwell on it as that is dual, just locate it, know where it is - It has a strong being so is easy to locate.

Now look out from there.

Look from that space. Using this space as your centre, as your root, is beneficial as it has no sense of time and thinks no thoughts. It links to a being that is undivided by sense or mind.

Look out from there and you will notice the rest falls into place. The breath falls into place, gets deeper and becomes unnoticed; you find a way for your body to rest, (obviously different if you are on a bus, by a lake, walking, cooking, or on your bed), and the non-dual meditation takes place of itself.

Appendix Tao

*It is outside of knowing,
and is simply right there;
so obvious it is,
too simple to bear.*

*Know by not knowing, Wu know,
See by not seeing, Wu see;
Only in admitting knowing is dual,
can you be without trying to be.*

*It is all that is and is not,
no concept or attempt to be got;
We can only grasp nothing is there,
as a clock can not tick on a tock.*

*Right there when you are within,
unapparent when you try to hold on;
Do not let another attempt to explain,
their moving lips is admission its gone.*

*Though we are part of Tao,
we can act as the worst kind of fake;
Seeing your breath does not help the wind,
let a swamp in your mind be a lake.*

*Our viewpoints are relative see?
Tao has no intention just play;
Extremes in our mind are waves on the lake,
and just our nature sway.*

*Should you be high or low,
you will always remain in Tao;
There is no need to hold on either way,
as if going up hill and not down.*

*Where there is nothing in mind,
the greatest power is there to see;
Where we find nothing we are truly at one,
one and nothing have equality.*

*Like a ripe fruit decays,
to continue new life;
We see a seed is not birth,
and no one ever really dies.*

*Here we sit with not one idea,
no-thought and your life are one kind;
The solid reality that you can touch,
is one with the ungraspable mind.*

*Nothing has to go,
just give everything up;
Binded to nothing,
you have a full cup.*

*To have destination,
makes the journey too tough;
Be going nowhere,
here is more than enough.*

*Free people require no leader,
and Tao has nothing to lose;
A leader makes fear to interfere with here,
people you know what to choose.*

*Now just simplify your mind and self,
that's all there is so just sit;
Be balance and unknowing flow,
Natures truth is here that's it.*

Wu Wu

75

THAT.IS.THAT



.. that was that