

**Summa Sophia, GdE**  
(Group dynamics Edition)  
Volume 7, Series No. 1

*All things arise and cease  
due to causes and conditions*

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## **Stop and Go**

by

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January © 2000 v1.2

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## **Stop and Go**

*by Bing Escudero © Y2K v1.2*

Stop doing the bad. Go for the good. Unless first the bad is stopped, doing good will be more difficult. It's like carrying an extra baggage. The bad is what is wrong. The good is what is right. Between right and wrong, there is no choice. Bar none, the wrong is to be avoided. Above all, the right is done. And done just right.

Another way of putting it. If it is wrong, it is bad karma. If it is right, it is good karma. When the will to do good is awakened, one is ready for karmalessness. But first, one needs to be alert to what's good and bad. Or, being attentive to what is right and wrong. Mindful, every step along the way.

Why? Farther down the road, it does become a matter of survival, called health or sickness to life and death, happiness or hassles to reality or illusion. From the physical to the spiritual, the law of universal justice rules supreme.

When the mind thinks it can fool mother nature, father time finally catches on. It is like buttoning a shirt or a blouse. If the first button at the top is done right, the rest down the line will be right. If the first button is done wrong, and one does not know it, the rest of the buttoning process will be wrong. The thing is, from the second button onwards, it will appear to be right. That is why, fools do it at the end, by beginning all over again. The wise do it right at the beginning.

Knowing a little is not-knowing at all, not unlike a little philosophy is a dangerous thing. It only makes us think we know it all. It has been said: a fool cannot learn, even from a wise person; but the wise can learn even from a fool. When we really do know, the knowledge is about the endless nature of knowing, for always there is more to be known. As we get to know more, the unknown expands to draw us to the eternal nature of the unknown. In this humility, we mature. And in this maturity, there is the compassionate consideration for others.

Normally, it takes time to mature. However, maturity is like the ultimate do-it-yourself project. No one can mature for another. The learning is in the doing. And thus, our learning is in trying to do what is good or practicing to do what is right. Where? At home or at socials, in school or in training, at work or at leisure. How? Attentively and very carefully, willfully and repeatedly, until excellently and adeptly accomplished.

From infancy to childhood, we are dependent on our parents and the adults around us. We learn by example, listening and observing.



As we mature, the thing is to refine our learning to observe, to listen without as well as within, perfecting our learning to be exemplars, from knowledge unto wisdom. Even science begins by observation. The art of doing is in perfecting an expertise. It is a continuing and creative endeavor that brings out the best in ourselves.

The teen-age or young adult life is a critical transition. In this stage, we make or break. We remain unmade or become broken. Optimistically, we make it and become ready for a good break in life. That is, if we have done our homework. Yes, homework means working at home, doing our studies, being helpful around the house, including the yard, beginning with our own room or space.

Among other things, girls have to survive their heated estrogen and boys have to control their raging hormones. "Have to" means "need to" which also means "ought to". Simply, it is a must. As read, you already know what this means. If not, infantile behavior traces betray their obvious signs: instant gratification, rage, crowded graffiti, un-turned-off TV, day-dreaming, phoning to promiscuity. Temper the internet attraction, it leads to information obesity or access addiction. Click gaming, snooping or surfing to excess web shopping are a waste of valuable time or a state of bankruptcy.

Initially, we need to know where we are. Just like reading a map. Then we can figure out how to reach our destination. Without a goal in life, there will be no destination to arrive at. The result is an aimless wandering about and arriving nowhere. Another thing, goals are easy to dream about. Going for the goal is the bottom line.

Thus the right questions to ask are about where we are now, where we intend to go, and the best way to get there. If we travel by car, we put in the right gas and oil to last until the next gas station as needed. We know? But when it comes to the body, our own physical vehicle, do we put in the right nutrition and the right habits?

Hopefully, we do. Or else, nutrition-wise, we stuff our bodies with aspartame, nicotine,\* caffeine, alcohol, stimulants, drugs, meats from the carcass of innocent animals. Habit-wise, this is done over and over again, to last until our medicare is exhausted? Pardon the candidness. This kind of cool is being a fool and, this is no pun or fun (*the first pun, not intended; the second one, intended*).

Just as tobacco pollutes our bodies, so does animal meat corrupt our corporeal existence. Someday, further research will conclusively prove the pernicious effects of our meat-eating habits. Like smoking, it will be the next industry targeted out of the market. Even the insurance business is beginning to take notice.

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\* From Jacques Nicot, French ambassador to Lisbon, Portugal, who supposedly introduced tobacco to France, spreading to the rest of the world.



Human beings are kind to each other as they are also kind to sentient animals by the diet they live with. The peace we seek among humans, begins with our peace in relation to the animal kingdom. If human intelligence is superior to that of animals, the only justification to be considered intelligent is, when intelligence is used with love or with caring. Or else, the intelligence is not there at all, if not mis-used, mal-used or fallen into dis-use.

Fortunately, more and more young people are turning out to be vegetarians, even some are vegans; many more are staying out of smoking, drinking and drugs; piercing the illusions of advertising hype instead of their body parts, postponing sex and transmuting their energies toward ethically oriented careers before marriage. This is where the hope of a new humanity can come to be.

The inner environment of our own consciousness is as much a priority as our concern for our external environment. The quality of our own intentions, thoughts and feelings are of supreme importance. There are ideals to guide our ideas for better courses of action in problems to be solved. Wrongs to be righted. Maladies to be ameliorated. Habits to be rehabilitated. Sorrows to be assuaged. Weaknesses to be worked out. Hatreds to be transformed into love. Peace to be in place. Relationships to be refined. Truths to be discovered. Virtues to be realized. Futures to be perfected. Who are the youths challenging themselves toward these glorious goals?

To be young is to be able to begin anew. From self-improvement to self-transcendence. It is a universal dream that is ageless. Every generation pressing closer to perfection.

Where schools have failed us, we educate ourselves. Study the great philosophies that make humans lovers of wisdom. Knowledge of the sciences enable us to appreciate and to preserve the wonders of nature. Understanding spirituality transcends religious schisms, sectarianisms, non-sectarian churchisms and fashionable cultisms. As art is the search for and evocation of beauty, so is the beautiful an ordering quality that finds fulfillment in our human relationships. There is beauty to behold, when our intentions, thoughts, feelings and actions are beautiful within as we reach out to others.

Thus, the right and the good are the beautiful which are the ideals, such as, goodwill, compassion, truth, honesty, harmlessness, self-control, selfless service, and many other spiritual qualifications.

The ideals constitute the qualities of our essential spiritual nature. Drawing out this truth is the beginning of true education. Putting the ideals into practice is higher education. Perfecting our spiritual practices is our continuing education. There are no diploma mills in this undertaking. The teacher, the taught and the teachings are in the awakening of that enlightenment which is essentially our ideal nature expressed in ideal service. Let go for it.      Δ