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All things arise and cease due to interdependent causes and conditions

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The Mastery of Life and Spiritual Freedom

By

Bing Escudero

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the cessation of the causes of suffering. And thus,

advancing towards unlimited spiritual realization. $\approx \Delta \approx$

Seven Laws of Karma The Mastery of Life and Spiritual Freedom Spiritual Freedom as a Formula By Bing Escudero @ 2001 v 1.0 The Ten Perfective Qualities 7 • Intention = Realization Spirituality · Charity Patience 6 • Virtue = Intelligence Cycle Ethics • Truthfulness Right meditation of the noble 8-Fold 5 • Altruism = Liberation The 8-Fold Way Renunciation · Resolve Way leads to spiritual freedom. And 4 • Thought = Becoming · Wisdom Loving-kindness meditation is started right by Right 8 • Right Meditation 3 • Desire = Object Enthusiasm • Equanimity Attention, for without attention there can be 2 • Sensation = Conditioning 7 • Right Attention no concentration by which meditation can 6 • Right Effort 1 • Action = Environment rightly proceed and be sustained. The Karmic Human Cycle of 5 • Right Livelihood When there is Right Effort, then the Right Concatenated Causes 7-Karma Laws 4 • Right Action Attention can follow. However, it is by Right Correspond to 3 • Right Speech Livelihood that one learns to exert the Right ignorance 7-Principles 2 • Right Thought Effort, the preparation for Right Attention. · Of the Truth of Stress 7 · Volitional When there is Right Action, then there 1 • Right Understanding 6 • Intuitional · Of the Truth of Causation can be Right Livelihood. It is in acting 5 • Altruitional Of the Truth of Cessation 4 · Rational · Of the 8-Fold Way of Truth righteously that makes one adopt a livelihood that is Causes 3 · Emotional Causes right or ethical. Abuses at home tend to spill out to the 2 · Plasmal workplace. Good conduct at home shows up at work. 1 · Physical Personality Sub-cycle Right Speech to Right Action is a principle that the ♦ Meditation is not Clinging veracity of speech is predictive of the actions which what the mind thinks. (attachment) follow. In tracing therapy thresholds, modern therapists have mostly to rely on speech, as a person Craving Becoming talks it out on a couch, where hang-ups are hanged Sorrow with (thirst) (process) Lamentation (stress) The key to therapeutic resolution is from (distress) Feeling the personal collective unconscious to the (sensations) impersonal uncollective conscious, as in Pain Causes forgiveness, or that mindfulness of the Stress Aging-Death Karma-Formations (dis-ease) Contact Sub-cycle Conditioned moment, a state of unfettered or unalloyed (impressions) awareness. Grief Unless the thought (philosophy of life) is right, the (misery) speech or what is said will not be right. Also, if there is 6-Faculties Desperation ... Consciousness wrong thought, what is spoken will not be completely (5-senses+mind) (depression) right, no matter how one may deceive others or oneself by mouthing what appears to be right. Name(ideas)-and-Most of all, Right Understanding comes first. The ten Types of Karma Causes Causes Form (ego) perfective qualities are a guide. Thus, to first understand, • Total karma then the thinking will be right, and the right thing to say · Ripe karma follows naturally, bringing about what is rightly done, to · Instant karma Classes of Karma the rest of the 8-fold Way onto Right Meditation Future karma · World karma wherein-the karmic human cycle of concatenated · Rootrace karma Birth causes gets broken—there is the vanquishment of the ego. National karma

Master Key:

Selflessness = Karmalessness

into

Earth-Life

· Group karma

· Family karma

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The Path of Illumination

Illumination wells forth from within.
Till then, no prayer pleadings, rituals, rites,
Or icons, images on whom we lean,
Or incantations, hymnals, altar sites,
Or podiums, lectures metaphysical,
Discussions, dialectics, schooled research,
Or pious preachings evangelical,
Can ever give it; struggle hard the search.
All these are but approaches to an end:
In fasting; meditation; purity
Of thought, word, deed; true mindfulness to tend;
The vanquishment of passion, enmity;
That silence, voidness, utter selflessness,
As Nature speaks to light our consciousness.

The Light of Lights

Have faith in life although it brings you pain,
The herald of the dawn is always night;
It is the cloud that brings the fruitful rain,
The lowly soil for trees to grow their height.
Learn that the bitter buds make sweetest fruits,
Or dungeon mines that hold the brightest gems,
As happy flowers come from lonely roots,
And beauteous leaves spring forth from twisted stems.
Then there's the slender lightning, thunder's might,
The fresh oases are, to desert, scars;
Watch too the storm that paints the rainbow sight,
Engulfing darkness that gives birth to stars.
See, night's fruition comes we're not forlorn,
A dewdrop's radiant with the spectral morn!

The Birth of Love

If you must love, then make it beautiful:
Let it be pure as dewdrop in a bud,
As clouds with heavy rain make it so full
And mightier even than the thunder rod.
Let constancy be as the river's flow
With freshness as the early morning flower,
Make it as tender as young leaves that grow
But deathless as the ever moving hour.
For truth is love unlimited by form,
Its joys are countless, more than all earth's fun;
Fierce is its power as nightwind in a storm,
All whitely glorious as the noonday sun.
Yet keep it humble as the dust of earth,
Your love then draws a soul to wisdom's birth. $\approx \Delta \approx$

- Bing Escudero > ss01_LifeSpiritual+3Sonnets