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

~Δ~

The Mastery of Life and Spiritual Freedom

By

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Summa Sophia: Questions for further study and for group discussion
 What do you think? What does it mean? What ought to be done?

Summa Sophia: Dedicated to every sincere seeker
 In the service of the quest for truth

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Right meditation of the noble **8-Fold Way** leads to **spiritual freedom**. And meditation is started right by Right Attention, for without attention there can be no concentration by which meditation can rightly proceed and be sustained.

When there is Right Effort, then the Right Attention can follow. However, it is by Right Livelihood that one learns to exert the Right Effort, the preparation for Right Attention.

When there is Right Action, then there can be Right Livelihood. It is in acting

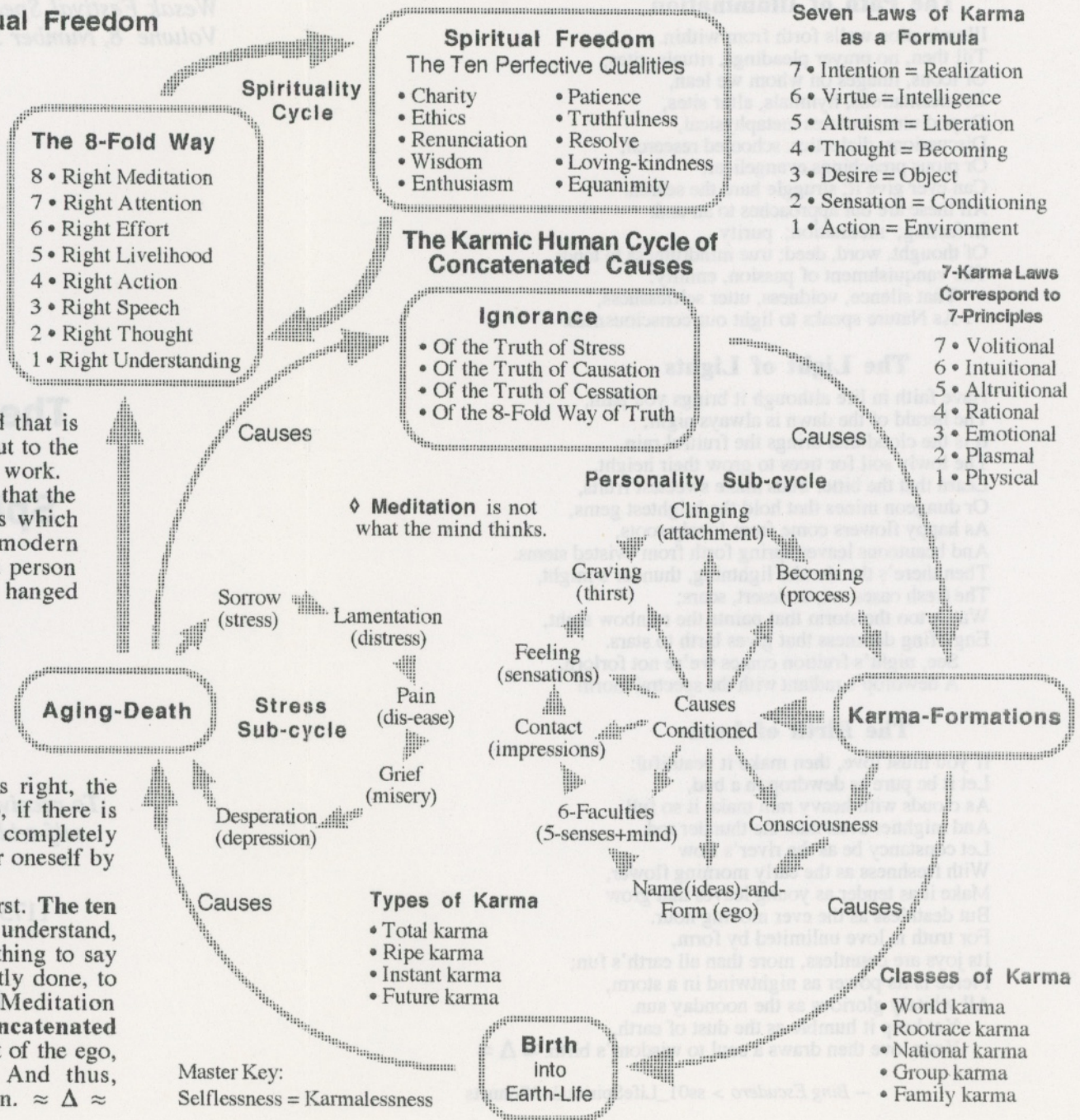
righteously that makes one adopt a livelihood that is right or ethical. Abuses at home tend to spill out to the workplace. Good conduct at home shows up at work.

Right Speech to Right Action is a principle that the veracity of speech is predictive of the actions which follow. In tracing therapy thresholds, modern therapists have mostly to rely on speech, as a person talks it out on a couch, where hang-ups are hanged out.

The key to therapeutic resolution is from the personal collective unconscious to the impersonal uncollective conscious, as in forgiveness, or that mindfulness of the moment, a state of unfettered or unalloyed awareness.

Unless the thought (philosophy of life) is right, the speech or what is said will not be right. Also, if there is wrong thought, what is spoken will *not* be completely right, no matter how one may deceive others or oneself by mouthing what appears to be right.

Most of all, Right Understanding comes first. **The ten perfective qualities** are a guide. Thus, to first understand, then the thinking will be right, and the right thing to say follows naturally, bringing about what is rightly done, to the rest of the **8-fold Way** onto Right Meditation wherein—the **karmic human cycle of concatenated causes** gets broken—there is the vanquishment of the ego, the cessation of the causes of suffering. And thus, advancing towards unlimited spiritual realization. ≈ Δ ≈



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. ≈ Δ ≈