

• Towards a unified understanding of philosophy, science, religion, and the arts •

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

~Δ~

A Softest Wake-up Call to Wisdom

by

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Spirituality is more than a religious or church-going habit. Just as the wisdom of love is much more than the love of wisdom in philosophy. Likewise, self-knowledge, or, that knowledge of the knower, is much greater than knowing the objects of science or the subjects of the arts. For our own consciousness is the ultimate frontier. This investigative endeavor begins within each one of us. No less than the whole truth awaits our inner discovery. Thus, to realize the nature of our inner self is to awaken unto boundless wisdom.

The wisdom we speak of is boundless because the boundlessness is not only without bounds or limits, but also because it is unbound or free from bondage. Thus there is total freedom. The fullness of freedom is the spirituality, the essence of our true nature awaiting discovery and its full activation.

How? First, find yourself among **truly good company**. No one deserves any less. The associates we choose to be with is what we tend to become. As in a lasting marriage, partners become like each other. Even in later life, we tend to seek the company that reinforces what we have allowed ourselves to be. Best of all, the quickening of spirituality is our intelligent option. (*See side bar, "For the Full Awakening ..."*)

Still, how do we know what is truly good company? By their speech, you will know them, especially in the action that follows; to the extent that universal truth prevails, the truth that is uplifting, noble, compassionate, harmless, upright, unifying, helpful, kind, respectful, considerate, ethical, lofty, trustworthy, and other altruistic qualities. This is why we seek the company of seekers and teachers who exemplify the aspirations and wisdom teachings we hope to realize.

Right learning takes place when there are the right teachings. The teachings are right when wisdom is exemplified. To listen to the wisdom teachings is to appropriate the right attention. Thus, there is **appropriate attention**.

Teachings are of the nature of wisdom because of the universal truths that are pointed to or presented for consideration. From this exposure, **universal conviction** arises, and, the initiative to pursue truth is activated. Thus do we become alert and mindful in our activities. Alert towards the discovery of truth, mindful of those conditions within ourselves as well as of those without that affect us.

We tend to behave when someone else is watching. We can watch ourselves. In our **alert mindfulness**, the moderation or restraint of the senses becomes possible. Strength comes from a previously intensified universal conviction. Thus there arises the **three forms of right conduct**—(3) in thought; (2) in word; (1) in deed. The qualities of the wisdom teachings are of the nature of those ideals, virtues, and intentions of good will. (*Keep referring to the arrowheads in the side bar.*)

For the Full Awakening of Wisdom

Originally known as the dhamma or dharma of which no religion, philosophy, science or art is loftier.

Try meditating on each seed item, in ten meditations. Then recycle.

The four frames of reference in our thinking-talking-doing involve the body (1) driven by the senses in contact with the objects of the physical world; feelings (2) arise from sensations; emotions (3) arise from desires, fueled by memories which lodge, thrive, and propel; shaping our mentalities (4) as ideas are collected, resulting in the quality of our prevailing consciousness.

As our three forms of right conduct are well established, there is the right support for that quality of consciousness in the four frames of reference. The body (1) its senses are subject to self-control; feelings (2) from sensations are in moderation; emotions (3) or desires are transformed into spiritual aspirations; mentalities (4) or ideas are wholesome and in accord with the spiritual ideals.

In daily meditation, the seven factors of enlightenment are generated. Mindfulness is inward. Analysis is sharpened. Perseverance prevails. Joy raptures. Serenity reigns. Concentration is completely focused. Equanimity is in a state of excellence. All these, develop the five faculties as our spiritual latent powers, awaiting activation. There is understanding in universal compassion. Perseverance is peerless. Mindfulness is pervasive. Concentration in meditation is at its regularity and peak intensity.

Thus, altogether, with that deep perception into the mysteries of being, one is lead to that awakening of boundless wisdom—the centrality of our truest, deepest, highest nature. The search for truth is at its loftiest resolution.

Truly good company	
▽ nurtures	1
Listening to the wisdom teachings	
▽ nourishes	2
Appropriate attention	
▽ intensifies	3
Universal Conviction	
▽ enhances	4
Alert mindfulness	
▽ guides	5
Moderation or restraint of the senses	
▽ establishes	6
The Three Forms of Right Conduct:	
• in thought	3 ideals
• in word	2 virtues
• in deed	1 intentions
▽ support	7
The Four Frames	
• body	1 senses
• feelings	2 sensations
• emotions	3 desires
• mentalities	4 ideas
▽ generate	8
The Seven Factors	
• Mindfulness	1
• Analysis	2
• Perseverance	3
• Rapture	4
• Serenity	5
• Concentration	6
• Equanimity	7
▽ develop	9
The Five Faculties & Latent Powers:	
• of understanding	1
• of perseverance	2
• of mindfulness	3
• of concentration	4
• of deep perception	5
▽ lead	10
To the Awakening of Boundless Wisdom	

The Role of Meditation

We do not normally engage in meditation. Prayers, yes. Especially the ones wherein we ask for something. Moreover, there are situations in life that force us into the fringes of meditation. When we are sick or in trouble, or when a terrible tragedy strikes us in an unexpected manner. It usually begins with the question, "Why me?" or "What now?" In extreme cases, the wake-up call can be outrageously rude if not horrendously horrible. And life on earth is hardly any more short of such stressful surprises. Karma, we say. But how to live with it or through it is the real question.

It is as if the stresses, sufferings and sorrows of living constantly degrade our surroundings and obfuscate our very consciousness. It does. And fear of confrontation or taking up a challenge arises. Such conditions have causes that can be resolved only for the better.

This time we are not to allow any more stress to strike us. Even if it does, here's a way to be stainless and invincible. Set a specific time for daily meditation. Preferably, upon waking up in the morning. Prepare the night before. Let your last thoughts be as idealistic as possible. Read uplifting literature. Go to sleep dwelling on a spiritual ideal. Example, peace, compassion, wisdom, something altruistic, kind and helpful. Take up a book of proverbs or enlightening quotations. One ideal to go to sleep with is enough.

Your last thought upon going to sleep is on a spiritual ideal, your first thought upon waking up is on the same ideal. This will be the your morning's meditation focus, its meaning, significance, and your investigation. Set aside about fifteen minutes, every morning.

As you wake up, be aware of your consciousness as it engages with the senses. Set yourself up into a comfortable sitting position. Close your eyes. Continue your awareness. As you turn inward, your awareness centers in your breath. So just let be. In the awareness of your breath, you will feel more relaxed. You do not meditate in order to relax. Instead, you relax in order to meditate. End with a good wish, for others. May someone be healed. May people find happiness. May there be peace in the world.

Meanwhile, a healthy lifestyle will serve you well. Drop any bad habits, such as, tobacco, drugs, stimulants, alcohol. The benefits of a vegetarian diet are immeasurable. Be clean. Exercise. Be safe.

As you meditate on an ideal, there will be gaps between thoughts, a state of no-thought (non-duality) between thoughts. Stay alert between two thoughts (duality). Dwell in this in-between state that is non-conceptual. Persevere. There is silence, a timeless moment, pure peace, a veritable void. One day, in the emptiness of self, that brilliant realization bursts into fullness. The rest will be effortless. Thus, you will know in joyful clarity. Others have succeeded. So will you.

~ Δ ~

Side bar is adapted from: Thanissaro Bhikkhu (Geoffrey DeGraff), trans. *The Wings of Awakening*, An Anthology from the Pali Canon. 1996. Barre, MA: Dharma Dana Publications. Still, there's more than books that can be listed here.