

Adam and Eve Syndrome

The Adam and Eve Syndrome
by Roy Masters 1985

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Remember that things are not always what they seem. It is easier to believe the devil than to recognize the truth.

A woman can no more resist the temptation to support a weak man than a cardshark can resist a sucker who fancies he is lucky at cards.

Your imaginative mind is a computer. You are not supposed to live inside your computer; otherwise you lose control over the input. Lost in your imagination, your computer is overshadowed by other forces suggesting exciting lies and ideas to you. You are no longer creating in a godly sense, but in a prideful and tragic sense.

When you have deteriorated sufficiently and moved close enough to hell in spirit, you can even hear Satan, the author of your suffering speaking to you in voices. He says, Kill yourself: you will be free, and you will find peace.

Weakness brings out cruelty in others, to which you must surrender your substance to keep the peace.

You need your victim's dependency, for only through that symbiosis can you get close enough to feed on another's soul. Oh, what terrible things are need and the need to be needed!

If you were to stand perfectly still and not actively seek ego fulfillment (from need-hate experiences), you would then feel an eerie pressure of reality building within you. And if you were to be still long enough and not run, your soul would feel a pain becoming awareness of guilt, then sorrow, and finally repentance, which would resolve in an inner surrender to God. You would then feel relief; you would feel his warmth, his love, his infilling of life flowing through your spirit.

You run from Mr. Mean (father?) to Mr. Nice; then to escape the hell of power raised in you through living with a weakling, you run screaming from Mr. Nice to Mr. Mean, only to find yourself living as a weakling with the father you hated as a child!

The simple fact is that faith in anyone or anything external can never be true faith. True faith is a mystical inward experience of knowledge, wordlessly revealed. Faith stoutly resists penetration from alien sources.

Stop resenting and start believing. For heaven's sake, stop seeking love. Right begins with repentance, and with right response comes freedom.

Virtuous or moral people cannot respond to evil. They are cut off from evil suggestion and cannot translate evil's purpose on earth as it is in hell. But the beastly man is the devil's pawn, his instrument, doing his will and purpose.

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A woman's world is different from a man's. Men and women live in different dimensions. Therefore, for them to come together, either the man must cross the border to join his soul to the woman's in her world, or the woman must cross it and join with the man in his.

For a man or woman alone, there is no heaven, no hell. But join male and female, and all hell breaks loose, evolving on earth as it is in Hades. Reverse the order-join female to male-and behold! Paradise lost is found.

Man was meant to be the source of love, not a seeker of love from a woman. The family should revolve around a him, not a her.

Man was created to be dependent on inner light. His substance is from the elements, but his life is from the truth in the heart, as the flower's life is from the sun. He is part heaven, and part earth, and just as a flower withers and dies without the warm, nurturing rays of the sun, when man is cut off from his sun, he loses his power; the character of the Son in him begins to fade.

Everything must have its place to be anything.

True life comes from being objective--separate from all that is given to us in this world for proper use. The self must be free from others and from things if it is to be bonded with truth. Our original bonding with God was broken by the Fall, when woman-oriented man appeared, with his need for woman, his originator.

Love God, and live -- or be God through the support of woman, and die.

Man is born of woman in the sense that man changes through his failing with her. Spiritual man became carnal man through his use of woman to glorify himself, thus rejecting God. Now as a dying, corporeal animal, no longer a deathless, spiritual being, man begets copies of himself, literally born of woman rather than of God--as Adam was.

Once a man corrupts a woman to acknowledge him as God, he places her on a pedestal and bows down to the evil in her. This is what his love amounts to: worship of her for worshiping him. Not until he tries to stand up to her does he discover what has happened. The ego needs evil to exist, to serve its pride.

Man look at your need for a woman in a different light. Woman, look at your supportive love.

The sun ever present, giving--never taking--life.

"Love" is the power of sweet tyranny everywhere, the seducer of individual and of nations.

The sources of good and evil are waging war over your soul; to win for good, you need wisdom. To find wisdom, you must first repent of your selfish ego need for deception and false love.

Bio-Spirituality

CHILDHOOD WONDER PAMPHLET

Sunset in Sierra Nevada with Mom: This was experience a child soon learns never to disturb with thoughts or words.

The sunset could not be changed, only contemplated. In that contemplation I came to appreciate a different kind of knowing in my body. It wasn't a "fixing up" but a learning to "be with". The feel of it is what endures.

Once experienced, this more contemplative "being in" kind of knowing endures, quite literally, forever. A small piece of "The Mystery" has broken through into human awareness.

The "fixing up" kind of knowing associated with the need for control is always bounded by temporality.

Our bodies are the link to this incredible world of Spirit.

Moments of childhood wonder, then stand as permanent resources through which one can grow beyond the tyranny of reason.

As a first step toward making this learning real for yourself, can you recall an incident or special moment in childhood where the feel of it still remains vivid inside you?

As you do this can you notice "how you are in such experience", not just then but now as well? What is it like inside allowing this "past" moment to fill out and be known. How is your body in this remembering? What's going on in your head?

We all know in our bones that there is yet another world beyond thanking and control.

Rather than attending to what our bodies really know about some current situation in life, we dangle, instead, like helpless marionettes from the rabid firestorm of fear raging in our brains.

Yet, the experience of how to do it already is in us. Recalling experiences of wonder from childhood can re-present the more open physical posture and feel of being present, of "letting go" without thinking or verbalizing. With that familiar learning renewed, attention then can be turned toward "putting your arm around" some painful issue being held at arms length. This is the "Caring-feeling-presence" step we often need in Focusing. Sometimes having another person lead you also helps. Support like this often makes radical breakthroughs possible. Feelings that have been stuck for years finally get a chance to speak and be heard.

Beauty and nature had always been easy to open into this way. No desire came to name it, figure it out, change or analyze it. No longer trying to control but being open, caring, and to that extent "vulnerable", -all these important clues which felt on target.

I found it helped to place my hand in a gentle, stroking, caressing way on the part of my body where I could feel it the most. It worked!

I found that creating this caring-feeling-presence around an issue that I could risk letting go into fear or pain just as I had opened to the wonder-filled childhood experience of nature.

Letting go into the mystery of a flower teaches a child much.

BHACAVAD-GITA -- As It Is

by A.C. Bhaktivedanta Swami Prabhupada

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Bhagavad-gita = gitopanisad

Intrntnl Soc for Krishna Consciousness
3764 Watseka Ave.

Vedic Literature: Vedantasutra = summary

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When your intelligence has passed out of the dense forest of delusion, you will become indifferent to all that has been heard and all that is to be heard.

One who restrains his senses and fixes his consciousness upon Me is known as a man of steady intelligence.

One who can control his senses by regulated principles, and who is free from attachment and aversion, can obtain the mercy of God.

Therefore, O Arjuna, surrendering all your works unto Me, with mind intent on Me, and without desire for gain and free from egotism and lethargy - fight.

The steadily devoted soul attains unadulterated peace because he offers the results of all activities to Me; whereas a person who is not in harmony with the Divine, who is greedy for the fruits of his labor, becomes entangled.

The Supreme Spirit does not assume anyone's sinful or pious activities. Embodied beings, however, are bewildered because of the ignorance which covers their real knowledge.

One whose happiness is within, who is active within, who rejoices within and is illumined within, is actually the perfect mystic. He is liberated in the Supreme, and ultimately attain the Supreme.

One who is beyond duality and doubt, whose mind is engaged within, who is always busy working for the welfare of all sentient beings, and who is free from all sins, achieves liberation in the Supreme.

One who is unattached to the fruits of his work and who works as he is obligated is in the renounced order of life, and he is the true mystic, not he who lights no fire and performs no work.

For he who has conquered his mind, it is the best of friends; but for one who has failed to do so, his very mind will be the greatest enemy.

One should hold one's body neck and head erect in a straight line and stare steadily at the tip of the nose. Thus with an unagitated, subdued mind, devoid of fear, completely free from sex life, one should meditate upon Me within the heart and make Me the ultimate goal of life.

For one who sees Me everywhere and sees everything in Me, I am never lost, nor is he ever lost to Me.

Those who know the Supreme Brahman pass away from this world during the influence of the fiery god, in the light, at an auspicious moment, during the fortnight of the moon and six months when the sun travels in the north.

Because you are never envious of Me. O Arjuna, I shall give you this most secret wisdom, knowing which you will be relieved from the miseries of material existence.

As in the great sky the wind is blowing everywhere, so all the cosmic manifestation is situated in Me.

If one offers Me with love and devotion a leaf, a flower, fruit, or water, I will accept it.

All that you do, all that you eat, all that you offer and give away, as well as all austerities that you perform, should be done as an offering unto Me.

I envy no one, nor am I partial to anyone. I am equal to all. But whoever renders service unto Me in devotion is a friend, is in Me, and I am a friend to him.

O universal Lord, I wish to see You in Your four-handed form, with helmeted head and with club, wheel, conch and lotus flower in Your hands. I long to see you in that form.

My dear Arjuna, anyone who is engaged in My pure devotional service, freed from the contaminations of previous activities and from mental speculation, and who is friendly to every living entity, certainly comes to Me.

For one who worships Me, giving up all activities unto Me and being devoted to Me without deviation, engaged in devotional service and always meditating upon me, who has fixed his mind upon Me, O son of Prtha for him I am the swift deliverer from the ocean of birth and death.

Just fix your mind upon Me, the Supreme Personality of Godhead, and engage all your intelligence in Me. Thus you will live in Me always, without a doubt.

If you cannot fix your mind upon Me without deviation, then follow the regulated principles of Bhakti-Yoga. In this way you will develop a desire to attain to Me.

If you cannot practice these principles, then just try to work for Me, because by working for Me you will come to the perfect stage.

If you are unable to work in Krishna consciousness, then try to act giving up all the results of your work, and be self-situated.

If that is not possible, then engage in the cultivation of knowledge. Better than knowledge, and better than meditation is renunciation of the fruits of action, for by such renunciation one may have peace of mind.

The mode of goodness conditions one to happiness, passion conditions him to the fruits of action, and ignorance to madness.

Sometimes the mode of passion becomes prominent, defeating the mode of goodness, O son of Bharata, and sometimes the mode of goodness defeats passion. Again, sometimes the mode of ignorance defeats goodness and passion. In this way, there is ever a competition for supremacy.

The manifestation of the mode of goodness can be experienced when all the gates of one's body are illuminated by knowledge.

When there is an increase in the mode of passion, the symptoms of great attachment, uncontrollable desire, hankering and intense endeavor develop.

When there is an increase in the mode of ignorance, madness, illusion, inertia and darkness are manifested.

When one dies in the mode of goodness, he attains to the pure higher planets.

One who dies in the mode of passion takes birth among those engaged in fruitive activities, and one who dies in the mode of ignorance takes birth in the animal kingdom.

By acting in the mode of goodness, one becomes purified. Works done in the mode of passion result in distress, and actions performed in the mode of ignorance result in foolishness.

He who neither hates nor desires the development of the three qualities of illumination, attachment and delusion, who is transcendently situated, remaining neutral through all the reactions of the modes, thinking that they may work but that he is transcendental; he who looks equally upon happiness and distress, upon a pebble, a stone or a piece of gold, who is equal toward desirable and the undesirable, who is steady and will situated in defamation or in adoration; he who receives honor and dishonor equally, who treats friend and enemy alike and who is not engaged in material activities—he is said to have transcended the three modes of nature.

One who is free from illusion, false prestige and false association, who understands the eternal, who is done with material lust, who is freed from the duality of happiness and distress, and who knows how to surrender unto the Supreme Person attains to that eternal kingdom.

I enter into each planet, and by My energy these stay in orbit. I become the moon and thereby supply the juice of life to all vegetables.

Those who are born with demoniac qualities exhibit pride, arrogance, false prestige, anger, harshness and ignorance.

Taking shelter of insatiable lust, pride and false prestige and being thus illusioned, the demoniac are always sworn to unclean work, attracted by the impermanent.

Their belief is that to gratify the senses until the end of life is the prime necessity of human civilization. Thus there is no measurement for their anxiety.

There are three gates leading down to hell: lust, anger and greed. Every sane man should give these up, for they lead to the degradation of the soul.

One who is freed from these gates to hell, performs acts conducive to his self-realization and thus gradually attains to the supreme destination.

Food in the mode of goodness increase the duration of life, purify existence, give strength, and increase health, happiness and satisfaction. Such foods are juicy and fatty (Milk products). They are conducive to the healthy condition of the body.

Food that is too bitter, too sour, too salty, too pungent, too dry or too hot causes distress, misery and disease. Such food is very dear to those in the mode of passion.

Food prepared more than three hours before being eaten, which are tasteless, juiceless, and decomposed, which have a bad smell, and which consist of remnants and untouchable things are very dear to those in darkness.

Any sacrifice performed without direction from scriptural injunctions, without distribution of spiritual food, without Vedic hymns, without priestly remuneration and without faith must be considered to be in the mode of darkness.

The place of action, the doer, the senses, the endeavor and ultimately the Supersoul-these are the five factors of action.

Whether a man acts with his body, mind or words, all his actions, right or wrong, are constituted of these five elements.

Therefore one who thinks himself the only doer, not considering the five factors, is certainly not very intelligent and cannot see things as they are.

The knowledge of one who sees in every living entity one undivided spiritual nature, which is divided into innumerable forms, should be understood to be in the mode of goodness.

The knowledge by which one sees that in every different body there is a different type of living entity is knowledge in the mode of passion.

The sort of knowledge which is attached to one kind of work as all in all, without knowledge of the truth, and which is very meager, is said to be in the mode of darkness.

Work which is regulated and which is performed without attachment, love or hatred and with no desire for fruitive results is said to be in the mode of goodness.

The worker who performs his duty without association with the modes of material nature, without false ego, with great enthusiasm, and without wavering in success or failure is said to be in the mode of goodness.

Give up all varieties of religion and just surrender unto Me. I shall protect you from all sinful reactions. You have nothing to fear.

Orson -~~Glory Road~~ Card

Seventh Son
by Orson Scott Card 1987

Peggy
Bloody Mary the mean Hen
Removed Caul from Alvin Junior

Crossing with death of Vigor

Alvin, Measure, Wastenot, Wantnot, David, Cally, Sisters
Taleswapper, Armor of God Weaver, Rev. Thrower

Mill stone

Roache Boy and Shining Man

Red Prophet

Hooch
White Murder Harrison - Tippy Canoe
Lolla-Wossiky Tenskwa-Tawa
Te-Kumsaw
LaFayette
Napoleon
Eight Face Mound
Lake Mizogan
Prophets Down
Carthage City
Vigor Church
Wobbish
Urine of Sick Dog

Listen to the distant Greensong, still warm and beautiful, still bright and hopeful. There is no fear of future in the song of life, just the ever-joyful present moment. That's all I want right now, thought Alvin. The present moment, which is good enough.

DEMIAN by Herman Hesse

Every man is more than just himself; he also represents the unique, the very special and always significant and remarkable point at which the world's phenomena intersect only once in this way and never again.

Nothing in the world is more distasteful to a man than to take the path that leads to himself.

Their childhood becomes hollow and gradually collapses, everything they love abandons them and they suddenly feel surrounded by loneliness and mortal cold of the universe.

The bird fights its way out of the egg. The egg is the world. Who would be born must first destroy a world. The bird flies to God. That God's name is Abraxas.

Uniting of godly and devilish elements.

The surrender to Nature's irrational, strangely confused formations produces in us a feeling of inner harmony with the force responsible for these phenomena.

The soul whose essence is eternity, whose essence we cannot know but which most often intimates itself to us as the power to love and create.

Gaze into the fire, into the clouds, and as soon as the inner voices begin to speak, surrender to them, don't ask first whether it's permitted or would please your teachers or father, or some god.

Buxtehude's passacaglia = music

You can treat your drives and so-called temptations with respect and love. They will reveal their meaning--and they all do have meaning.

If you hate a person, you hate something in him that is part of yourself. What isn't part of ourselves doesn't disturb us.

The things we see, are the same things that are within us. There is no reality except the one contained within us.

Other people live in dreams, but not in their own.

Each man has his function but none which he can choose himself, define, or perform as he pleases.

An enlightened man had but one duty--to seek the way to himself, to reach inner certainty, to grope his way forward, no matter where it led.

Each man had only one genuine vocation--to find the way to himself. He might end up as poet or madman, as prophet or criminal--that was not his affair, ultimately it was of no concern. His task was to discover his own destiny--not an arbitrary one--and live it out wholly and resolutely within himself.

The man who only seeks his destiny has neither models nor ideals, has nothing dear or consoling.

False communion everywhere, everywhere shedding the responsibility of fate, flight to the herd for warmth.

Nietzsche = Author

Genuine communion is a beautiful thing. But what we see flourishing everywhere is nothing of the kind. The real spirit will come from the knowledge that separate individuals have of one another and for a time it will transform the world. The community spirit at present is only a manifestation of the herd instinct. Men fly into each other's arms because they are afraid of each other-- the owners, the workers, the scholars are all for themselves. And why are they afraid? You are only afraid if you are not in harmony with yourself. People are afraid because they have never owned up to themselves. A whole society composed of men afraid of the unknown within them! They all sense the rules they live by are no longer valid, that they live according to archaic laws--neither their religion nor their morality is in any way suited to the needs of the present.

Yes you must find your dream, then the way becomes easy. But there is no dream that lasts forever, each dream is followed by another, and no one should not cling to any particular one.

We of the sign believe we represent the will of Nature for something new, to the individualism of the future, the others sought to perpetuate the status quo.

Love must not entreat or demand. Love must have the strength to become certain within itself. Then it ceases merely to be attracted and begins to attract.

Dr. Franks No-Aging Diet
by Benjamin Frank M.D.

The metabolic process which is central to all other metabolic processes. Krebs Cycle or Citric Acid cycle.

ATP (Adenosine Triphosphate) is most important molecule in body and primary energy carrier in cells.

Rules of Diet:

- 1) Four days a week, eat 3 or 4 ounce can of sardines.
- 2) Salmon one day/week.
- 3) Shrimp, lobster, or Clams one day/week.
- 4) Any other kind of fish for remaining day.
- 5) Calves liver once/week
- 6) Lentils 1-2 times/week
- 7) Beets or borsht 1-2 times/week
- 8) Every day eat either asparagus, radishes, onions, scallions, mushrooms, spinach, califlower.
- 9) Every day one strong vitaman/day after a meal.
- * 10) Every day two glasses of milk.
- * 11) Every day glass of fruit or vegetable juice.
- * 12) Every day 4 glasses of water.

For vegetarians each meal must contain one of the following:

1. Grains with milk products.
2. Legumes with grains.
- 3> nuts and seeds with legumes.

Where one part of these combinations is weak in amino acids the other is strong. Read Diet for a Small Planet by Frances Moore Lappe for suggestions.

Potential problem is a shortage of B12 Vitamins.

EDGAR CAYCE'S Story Of Jesus
by Jeffrey Furst

Dedication: For the Master who has never given up on any one of us.

I lie down on couch. Physical reading head to south. Life reading head north.
Hands on third eye. Pray.

After seeing light, hands to solar plexus, breathing rhythmic, eyes close.

Mt. Carmel was the original place where the school of the prophets was established. (By Elijah, Elisha, Samuel)

Mary chosen at 13-14. Conception at 16. Marriage 16 -- Joseph 36.

Mary was the twin soul of the Master in the entrance into earth, and of virgin birth through Anne

Important Incarnations of Jesus: Amilius (Atlantis), Adam, Melchiezdek, Zend, Ur, Asaph, Jeshua-Joseph-Joshua-Jesus.

Man's problem: to combine mind and emotion, awareness and consciousness, with will and purpose in becoming again at one with the Creator. Until that time we remain within the confines of the solar system.

The ever-present stumbling block to this return to at-onement with God, is ego or self, self interest, self indulgence, and self-purposefulness.

Gospels: MARK = dictated by Peter before Rome (First). MATTHEW = 35 years After Mark. LUKE = Lucius. JOHN = 50 years AD by several authors.

Christmas = January 6.

He surrendered all power unto Power itself, surrendering all will unto the will of the Father. Thus, He made of Himself a channel through which others, taking hope through the knowledge that He has perfected Himself, may find the grace and mercy which is eternity with Him.

Fleeing to Egypt prophesied: Lo my son has been called from Egypt (Jer Isa).

Second Epistle of John was letter to Josie. Read John 14-17.

For the body being perfect radiated that which was health, life itself.

Meditate oft. Separate yourself for a season from the cares of the world. Get close to nature, and learn from the lowliest of that which manifests in nature. Learn from the birds, the trees, the grass, the flowers, and the bees that the life of each is manifesting and is a song of glory to its Maker. And you do likewise. Make your heart, mind, and body one with Him, then, by the laying on of hands, and by counselling with them who are weak in body and spirit.

The only sin of man is selfishness.

What have we here? Try it, very disturbing yet quieting.

Edgar Cayce's Story of Jesus

Our Father who art in heaven, hallowed be thy name thy Kingdom come. Thy will be done: as in heaven, so in earth. Give us for tomorrow the needs of the body. Forget those trespasses as we forgive those that have trespassed and do trespass against us. Be thou the guide in the time of trouble, turmoil and temptation. Lead us in paths of righteousness for thy name's sake.

As a lesson, learn humbleness and patience. There, you were neither hot or cold. He without an ideal is sorry indeed, but he with an ideal and lacking courage to live it is sorrier still.

Jesus arrested because didn't pay tribute.

It is not knowledge that is so important, but the wisdom in application of that knowledge.

The earth will be broken up in the western portion of America. The greater portion of Japan must go into the sea. Upper portion of Europe will change suddenly. New Land off eastern US. Pole shift. Between '58 and '98.

Jesus's brothers and sister: James (10 years younger), than Ruth, than brother Jude.

THE EXPERIENCE OF INSIGHT
by Joseph Goldstein

An indispensable foundation for meditation practice is following certain moral precepts: not killing (even a mosquito), not stealing, refraining from sexual misconduct, not speaking falsely or harshly, no intoxicants.

Grace is patience. If we have a patient mind, all things will unfold in a natural and organic way. Patience means staying in a state of balance regardless of what is happening, staying easy and relaxed and alert.

Silence because talking distracts our attention and dissipates our energy.

Interaction between friends and couples is discouraged during retreat.

Be patient with everyone, but above all, with yourself. I mean, do not be disheartened by your imperfections, but always rise up with fresh courage. I am glad you make a fresh beginning daily. There is no better means of attainment to the spiritual life than by continually beginning again, and never thinking that we have done enough. How are we to be patient in dealing with our neighbor's faults if we are impatient in dealing with our own. He who is fretted by his own failings will not correct them. All profitable correction comes from a calm and peaceful mind. St. Francis de Sales

First step is right understanding.

When our actions are motivated by generosity, love or wisdom, the results are happiness and peace. If we integrate this understanding of the law of karma into our lives, we can begin to cultivate and develop wholesome states of mind.

Giving is the expression in action of non-greed in the mind. The whole spiritual path involves letting go, not grasping, not clinging, and generosity is the manifestation of that non-attachment.

Our parents cared for us when we were unable to care for ourselves, and it is due to their concern at a time when we were helpless that we now have the opportunity to practice the Dharma.

Generally, we spend a great deal of time and energy freeing ourselves psychologically from our parents, which is certainly has its value, but in that same space of freedom, we should recognize our responsibility towards them.

The mind stops grasping and clinging when the microscopic transience of everything is realized, and when we experience the process of mind and body without the burden of self.

Second step is of eightfold path is right thought. This means thoughts free of sense desire, free of ill will, free of cruelty.

Third step is right speech: not speaking falsely, slanderous, or harshly; rather speaking honestly, helpful, creating a vibration of peace and harmony.

Fourth step of path is right action: not killing, minimizing pain, not stealing, no sexual misconduct.

Fifth step is right livelihood: work which is not harmful to others.

Seventh step is awareness of present moment.

Whatever the object is, to notice it, to be aware of it, without grasping, which is greed, without condemning, which is hatred, without forgetting, which is delusion; just the observing flow, observing the process.

The last step is right concentration.

Bare attention also brings the mind to state of rest.

We should cultivate the state of bare attention on all objects, on all states of mind, in all situations.

Bare attention is the ability to concentrate on an object, and mindfulness or attention on the moment.

When we experience the flow of impermanence very deeply, when we have a clear and direct vision that every part of our being is in change, in transformation, then we begin to let go of our most deeply conditioned attachments, and we come into harmony with the flow.

The meditative experience allows us to begin to be aware on the experiential, non-conceptual level of things as they are, free of our thoughts about them.

When visual images arise in the practice, simply make a note of seeing, seeing, without getting involved in judging or evaluating the content. Just observe the arising and passing away of the images.

When we are mindful of volitions and intentions, we then have the freedom to choose whether or not we want to act on them.

Eat with mindfulness.

Until we deal successfully with the hindrance of sense desire, we stay bound by the forces of attachment and possessiveness.

The second enemy is hatred; anger, ill will, aversion, annoyance, irritation, are all expressions of the condemning mind.

The third enemy is sloth and torpor, which means laziness of mind, sluggishness. Try penetrating into it. Note sleepy, sleepy.

The fourth hindrance is restlessness. Just watch restless, restless.

Doubt arises about what one is doing and about one's ability to do it. Pay attention to doubting mind without identifying with it. Doubt is not self, not mine, not I. It is merely a thought, a mental factor.

If the heart wanders or is distracted, bring it back to the point quite gently... And even if you did nothing during the whole of your hour but bring your heart back, though it went away every time you brought it back, your hour would be very well employed.

St Francis de Sales

The Buddha saw that the bondage is in our own minds, it is the bondage of attachment: sense pleasures, our opinions and views, rites and rituals, I.

The cause of all suffering is desire and attachment.

There is no higher happiness than peace.

Be aware of how things are happening. Be wakeful and balanced. Be mindful, not clinging nor condemning. Not identifying with things as being I or self. Moment to moment freeing the mind from defilements.

Be aware of the value and help you are to others.

Universal lovingkindness is a love radiating from the mind wishing happiness and peace and joy for all beings everywhere. Compassion for the sorrow and pain of others.

The understanding of how things are happening becomes the gateway to the very highest kind of happiness: the happiness of nirvana, enlightenment.

Through the experience of insight through meditation, we can experience momentary life and death; this offers and intuitive understanding of death and rebirth consciousness happening in exactly the same way. It is also possible, through the development of deep concentrated states, to develop all kinds of psychic power.

As the Buddha was dying, Ananda asked who would be their teacher after his death. He replied to his disciple: "Be lamps unto yourselves. Be refuges to yourselves. Take yourselves to no external refuge. Hold fast to the truth as a lamp. Hold fast to the truth as a refuge.

The Buddha said that the way to forgetfulness is the way of death. And that the way of wisdom and awareness is the path to the deathless.

Every moment of awareness is a hammer stroke on this chain of conditioning.

To decondition, to free the mind from grasping and desire, is to experience the state of peace.

Both positive and negative reactions are equally dangerous.

The recollection of our death lends power and grace and fullness to every moment, every action.

Love for oneself, in the sense of being allowing and non-judging, having a spaciousness and a lightness in the mind, and a strong lovingkindness toward others, not relating in terms of grasping or need or attachment.

These hindrances arise and pass away like the clouds in the sky. If we are mindful of them when they arise and don't react or identify with them, they pass through the mind, without creating disturbances. Mindfulness is the most effective way of dealing with them.

When sense desire overcomes the mind, it is good to reflect upon the true nature of this decaying body, the fact that we are all going to end up dead.

Anger is strong when it is fed with identification.

If someone is doing something unwholesome, instead of reacting with anger, we can respond with compassion, understanding that the person is acting out of ignorance, in a way that will bring back pain and suffering to himself.

We don't have to figure out the causes of our problems, we have to let go of them.

Make the mind like a big clear sky and let everything arise and vanish on its own. then the mind stays balanced, relaxed, observing the flow.

A warrior takes everything in life to be a challenge, responding fully to what happens without complaint or regret. What usually matters most to people is affirmation or certainty in the eyes of others; what matters most to a warrior is impeccability in one's own eyes. Impeccability means living with precision and totality of attention. What we're doing in coming to an understanding of ourselves is the noblest thing that can be done. It is the eradication from the mind of greed, of hatred, of delusion; establishing in ourselves wisdom and loving compassion.

From simplicity of living, from not needing to have or possess so much, come contentment and peace.

Strength of mind is power. Not the power which extends itself to manipulate, but the power of penetrating insight, the power to understand.

Concentration game: For one hour, count up from 1 to 10 at each exhale. Repeat. If miss start over at 1.

Driven by ignorance and desire, most people are circling around unaware of the possibility of getting off this wheel of samsara, the wheel of greed and hatred. To get off practice Parami or purifying of the mind.

When there is a great accumulation of the factors of non-greed, non-hatred, non-delusion, the paramis become forceful and result in all kinds of happiness.

What keeps us bound is desire and grasping in our own minds. As we practice giving we learn to let go.

Practice the thought of loving kindness with a concentrated mind. And yet more potent than cultivating that loving thought is clearly seeing the impermanence of all phenomena, because it is this insight into impermanence which is the beginning of freedom.

Not looking to others for completion, not relating out of need, but radiating this infinite quality of love.

Practice loving kindness meditation for five to ten minutes at the beginning or the end of a sitting:

"If I have hurt or offended anyone in thought or word or deed, I ask forgiveness. And I freely forgive anyone who may have hurt or offended me."

"May I be happy, may I be peaceful, may I be free of suffering, may I be happy, peaceful, free of suffering."

"May all things be happy, peaceful, free of suffering."

To become "useless" is to settle back and allow our own nature to express itself in a simple and easy way.

There is nothing to be, nothing to do, and nothing to have.

To walk in the world invisibly means not aggressively asserting our skills or qualities, not making a show.

To carry around an image of ourselves is a great burden, causing a strain or tension between what we actually are in the moment and the image we're trying to project.

The biggest obstacle to settling back are attachments to self images and concepts of who we are and how we want to be.

Work should not be the fulfillment of some image we have of ourselves, we can just do what is appropriate in the moment, open to service and motivated by love and compassion. Then it flows easily. Nothing special to do or to be or to have.

Planning should be done with awareness with what's happening, using the thought process and the whole conceptual framework in dealing with the world, but staying grounded by realizing it's all just now. Act without attachment to the fruits of action.

It's a tremendous opening into freedom. If we stay free of self-images and self-concepts, then we remain much more intuitive and responsive to changing situations.

There are four foundations or applications of mindfulness: mindfulness of body, feeling, consciousness, and Dharma (Law, truth).

Second phase of enlightenment is investigation of the Dharma. Investigating, probing, analyzing the mind-body process.

Third phase is energy or effort. Fourth phase is rapture. Fifth factor is calm. Sixth factor is concentration. Last limb is equanimity (Evenness).

Wisdom, energy, and rapture all arouse the mind. Calm, concentration, and equanimity tranquilize the mind. They all have to be in harmony.

They heard what the Buddha had to say, looked within, and experienced the truth in their own minds and bodies.

Gotama Buddha repeatedly reminded people that the experience of truth comes from one's own mind.

The Buddha is within. It is the experience of the truth. Always bringing it back to the present moment, to the experience in the now.

As long as there is an attachment to opinions and views, we can never experience the truth. "Do not seek the truth. Only cease to cherish opinions."

Power of the mind can be developed. It is not wisdom. Power and wisdom are two very different things. It may be dangerous to develop those powers before reaching a high level of enlightenment, because they can just strengthen the idea of self, of ego, and be used in a very manipulative way.

The question now is how to integrate intensive meditation practice into one's everyday life. On one level, the answer is very simple: stay mindful. Even when there are distractions and a lot of input through the sense doors, if there is no clinging, no condemning, no expectations of how things should be, the mind will stay clear and balanced. Mindfulness is the greatest protection.

In moments of stress or tension during the day, remember the breath.

Remember both your own impending death, and the changing nature of all phenomena in the every moment. Stay aware of the flow, of the fact that everything is in ceaseless change, and the mind will be poised and balanced in all situations.

When you relate to your parents, to your friends, to strangers, remember that on the deepest level there is no "I" and "other"; there is just a oneness, a unity of emptiness.

When the mind is tight and rigid, any abrasive element has a strong disturbing impact. When the mind is spacious and expansive, even more powerful negativities do not affect it.

Remember humility or invisibility.

For further information contact: Insight Meditation Society; Barre, MA 01005

THE GNOSTIC GOSPELS
by Elaine Pagels

Gnostic books discovered December 1945 near Naj Hammadi Egypt.

To know oneself, at the deepest level, is simultaneously to know God; this is the secret of gnosis.

Abandon the search for God and the creation and other matters of a similar sort. Look for him by taking yourself as the starting point.

Orthodox Jews and Christians insist that a chasm separates humanity from its creator: God is wholly other. But some of the gnostics who wrote these gospels contradict this: self-knowledge is knowledge of God; the self and the divine are identical.

What we call Eastern and Western religions, and tend to regard as separate streams, were not clearly differentiated 2000 years ago.

I tell you this, brethren: flesh and blood can not inherit the kingdom of God, nor does the perishable [that is the mortal body] inherit the imperishable.

The gospels of Mark and John both name Mary Magdalene, not Peter, as the first witness of the resurrection.

Peter, apparently representing the orthodox position, looks to past events, suspicious of those who see the lord in visions: Mary, representing the gnostic, claims to experience his continuing presence.

Gospel of Thomas suggests that the reader is Jesus' twin brother. Whoever comes to understand these books discovers, like Thomas, that Jesus is his twin, his spiritual other self.

canon = guideline.

If spirit came into being because of the body, it is a wonder of wonders. Indeed, I am amazed at how this great wealth [the spirit] has made its home in this poverty [the body].

Gnostics claimed to offer to every initiate direct access to God of which the priests and bishops themselves might be ignorant.

Others...outside our number...call themselves bishops and also deacons, as if they had received their authority from God. ...Those people are waterless canals.
from Apocalypse of Peter.

Gnostics did not have hierarchy of priests, but followed strict principles of equality. Men and women participated equally.

Since the year 200, no evidence for women as priests in orthodox Churches.

Far more people identifies with the orthodox portrait than with the "bodiless spirit" of gnostic tradition. Not only the martyrs, but all Christians who have suffered for 2000 years, who have feared and faced death, have found their experience validated in the story of the human Jesus.

Gospel of John was considered a Gnostic gospel. However, it is included in the orthodox New Testament because it supports church. (i.e. find God through Jesus, or find Jesus only through church)

Some who seek their own interior direction, like the radical gnostics, reject religious institutions as a hindrance to their progress. Others, like the Valentinians, willingly participate in them, although they regard the church more as an instrument of their own self-discovery than as the necessary "ark of salvation."

The orthodox followed traditional Jewish teaching that what separates humanity from God, besides the essential dissimilarity, is human sin. The New Testament term for sin, *hamartia*, comes from the sport of archer; literally, it means "missing the mark."

Gnostics insisted that ignorance, not sin, is what involves a person in suffering.

Most people live in oblivion--or, in contemporary terms, in unconsciousness. Remaining unaware of their own selves, they have "no root".

Whoever remains ignorant, a "creature of oblivion", cannot experience fulfillment. Deficiency is the opposite of fulfillment, and is ignorance.

Let him who weeks continue seeking until he finds. When he finds, he will become troubled. When he becomes troubled, he will be astonished, and he will rule over all things.

The Kingdom will not come by waiting for it. Rather, the Kingdom of the Father is spread out upon the earth, and men do not see it.

The Kingdom of God is within you.

Luke.

Whoever achieves gnosis becomes no longer a Christian, but a Christ.

Zostrianos = Gnostic Master wrote down a program to follow: Remove physical desires; Reduce the chaos in mind through meditation.

They say that all materiality was formed from three experiences [or sufferings]: terror, pain, and confusion.

Orthodox Christians were concerned, far more than gnostics, with their relationships with other people.

While the gnostics saw themselves as one out of a thousand, the orthodox experienced himself as one member of the common human family, and as one member of the universal church.

Today many people are revolting against orthodox christianity, because they cannot rest solely on the authority of the Scriptures, the apostles, the church--at least not without inquiring how that authority constituted itself, and what, if anything, gives it legitimacy.

Today we can read the Gnostic Gospels not merely as madness and blasphemy, but as Christians in the first centuries experienced them--a powerful alternative to what we know as orthodox Christian tradition.

Handbook to Higher Consciousness
by Ken Keyes, Jr.

Perceptiveness, wisdom, and oneness are now the ingredients of effective and happy living.

In our social interactions, our consciousness magnifies molehills and makes them into mountains-and this constant distortion destroys our energy, our insight, and our ability to love.

Survival in the jungle meant that we had to be programmed for instant paranoia-instant fear-instant anger-instant perception of duality. Survival in our world today means that we must have instant perceptions of oneness-of love-of compassion with everyone and understanding of everything around us.

Instead of a complete pattern of animal-type instincts to provide survival responses to life situations, the young child uses ego mechanisms backed by hair-trigger emotions to develop security, sensation, and power magnification of the moment-to-moment sensory inputs.

Our biocomputer operates with enormous power primarily on unconscious levels-with only a tiny proportion of its activity rising to the level of consciousness. Consciousness is analogous to the computer print-out.

A wonderful thing about life is that it is naturally good. Life is set up to work-to produce love, fulfillment, and happiness continuously. Various situations during our first years of life conditioned us in the methods of consciousness which continually generate unhappiness in our life. Yet every current experience can aid you in your growth toward higher consciousness if you know how to use it.

Your mind has been programmed to process incoming visual, auditory, and other information in ways that continuously alienate and separate you from people.

Most of us go through life not knowing what we want, but feeling darned sure this isn't it.

Over 99% of the people in the western world live on lower consciousness levels characterized by trying to find enough security, sex, pleasant sensations, ego rushes, prestige, money, power, and status. This endless struggle yields lives of constant resentment, worry, suspicion, anger, jealousy, shyness, and fear. Everything people tell themselves they must do to be happy ends up yielding more frustration than joy. The more successful a person is in making money, collecting skills and possessions, developing exciting sexual relationships, acquiring knowledge and degrees, and achieving positions of status, power, and prestige, the less loving, peaceful, and contented he may find him or herself. And yet it is not these things in and of themselves that create an unhappy life-it is the internal mental addiction or desire for them that minute-by-minute keeps one from enjoying life.

You will find you have only to rearrange your own personal, automatically programmed responses to life situations-most of which are childhood hangups.

As you work toward higher levels of consciousness, you will find that you have always had enough to be happy. It is the patterns in your head that make you unhappy.

Chapter 2 Secrets of Happiness

Most of us assume that our desires (backed up by our emotional feelings) are the true guides to doing the things that will make us happy. But no one has yet found happiness by using emotion-backed desires as guides. Flashes of pleasure, yes; happiness, no.

As we grow into higher consciousness, we discover that it is more important to be the right person than to find the right person.

The present programming of our emotions makes us perceive other people (and the conditions of the world around us) as threats-potentially dangerous to our well-being.

If you can't do anything about a problem here and now, then why make yourself uncomfortable and drain your energy by worrying about it?

If we want to love and be loved, we can't be addicted to power-or anything else.

Only an emotionally calm biocomputer can see clearly and wisely, and come up with effective ways to interact with people and situations.

Chapter 3 The Law of Higher Consciousness.

Love everyone unconditionally - including yourself.

I love you because you are there. I love you because you are part of the nowness of my life.

No matter how horrible we have judged our past actions, each day our life begins anew.

Learning to love unconditionally means getting free of interference from our programmed addictions, those emotion-backed demanding instructions to our biocomputer.

You add suffering to the world just as much when you take offense as when you give offense.

Chapter 4 The Twelve Pathways

Life is warning you to get rid of an addiction every time you are emotionally uncomfortable in any way.

Your make a giant step toward higher consciousness when you become fully aware of the price in happiness you must pay for each addiction. You can enjoy the same actions and experiences completely when you uplevel the addiction to the status of a preference.

Your ego is like a master controller that directs which emotional feelings will be triggered (joy, pleasure, anger, etc.). When your ego is busy reacting to the people and things around you from the lower three centers of consciousness, your primary awareness will be focused on what you desire and what you fear, thereby creating in you the feeling of urgent priority.

Chapter 5 Freeing Myself

That which you emotionally avoid is just as much an addiction as is something you desire.

When you are free of addictions, your actions will be characterized by wisdom and oneness.

Whatever your mind believes is true produces a feedback that continually reinforces and molds your perceptions.

It's easy to spot addictions. Just notice the desires and expectations that you use to make yourself feel uptight in various life situations.

You will grow faster if you work on your addictions by experiencing someone that you usually would have excluded from your life. When you find that you can remain centered no matter what he or she does, you will know that you have reprogrammed the addictions that created the separateness you felt.

Everything and everyone around is your teacher.

HOW YOUR MIND CAN KEEP YOU WELL
by Roy Masters

Foundation of Human Understanding 1985
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All problems come from: 1) Doubting the truth, 2) being ambitious, 3) living out of emotional upset.

The road which leads to correct response in each moment of truth is the first step to everything worthwhile.

True positiveness is the effect on life that comes about simply through not being affected by it.

If we let the Presence within affect us more than our environment, we remain calm -- less and less affected by stress.

What we fight we give power to evolve, so that through our struggle we compound the problem we are fighting, the very problem that we ourselves originated.

The pressure motivated person is in conflict with his true self. The inner-motivated man is happily not bothered by his variance with others.

Whoever tries to annoy you intentionally or otherwise is trying to hurt and even control you with your own resentment. Simply observe him. Respond only with patience and whatever thought or deed that comes forth of that center of calmness. Take resentment out of everything so that you discern, rather than judge.

If you want to have a real goal to think about, let it be, If I could just be unmoving in my patience and discern people as they are without judging them for what they do or imply, I would be better off.

Everything I say merely points to the simple instruction to overlook on the spot and be plain spoken with firmness, kindness, and patience.

As long as you are calm and patient and not upset, you cannot possibly hurt anyone with your words or deeds, and your have the right to speak up.

The first thing, then, is to overlook--stand firm--don't react. Be patient under trial. As long as you are not resentful and judgmental, you will always be able to disagree without being disagreeable.

Be sure you do not change your words to soften the outcome, keeping things to yourself that should be said or done before they fester into resentment or guilt.

It does not matter if people love you. You love them. It does not matter if people understand you. You understand them. And if they do not forgive you, you forgive them.