



THE ROAD TO DHARMA

AN ONLINE COURSE & JOURNEY TO
LIVING A LIFE OF FREEDOM

THE BUDDHA & THE ROAD TO DHARMA

THE EIGHT FOLD PATH RELATING TO THE SERIES AND ANAND'S TEACHINGS

BY HENRIK YDE

A FOREWORD BY SERIES CREATOR/DIRECTOR, ADAM SCHOMER:

I first want to thank Henrik Yde for his friendship and encouragement throughout the whole process of this series and course. It is unique to have a friend that takes as much joy in thinking philosophically and using life for deep inquiry and evolution.

Henrik and I met about five years ago, when he attended a Monday night group meditation I was having. At that time, I had been having free meditations every Monday night in Los Angeles for about five years. And here we are now, five years after that, so it has been a lovely commitment to hold space and gather people to meditate every week for over a decade. And the real gem of it all is the Sangha that has developed and the dear friends we make from gathering in such manner. Henrik has been the most consistent of attendees and thus has also felt the deep virtue of having so many lovely people take time to listen to each other, to share with each other, and to ultimately create a meditative frequency and space together. So, Henrik and I met in Sangha and we have been travelling this road to dharma together for many years now and for many years to come. He is a dear brother.

I'll also say that it's wonderful to have such a brother that is different in his approach than I. Although we always come together, Henrik is much more of a well-read intellectual than I am and speaks and explains things in a way that I hope will resonate with those that devour and love the intricacies of language and froth at the chance to bring all these teachings of the ages into a well formed grid of understanding. We both wanted to include this chapter to offer readers a different angle in to both the road to dharma and to the teachings of the Buddha. Not all minds are the same. Not all can ingest wisdom in the same manner. And not all have the same "road" to Dharma.

I want to thank Henrik for helping me edit the whole course and for simply taking as much joy as I do in watching the series grow and unfold throughout these recent years.

And for absolute clarity, these are Henrik's assertions in relation to Anand's teachings in the Road to Dharma. These do not reflect or imply that Anand asserts this or agrees with it, nor that I or The Road to Dharma agree with it. It is all to create inquiry and discussion. And, this is Henrik's interpretation of the series, course, Anand's teachings and the teachings of the Buddha. So now, the bonus chapter!

THE BUDDHA & THE ROAD TO DHARMA BY HENRIK YDE

BUDDHA's EIGHT FOLD NOBLE PATH (BEFNP) - OVERVIEW & REFERENCES

THE BUDDHA's EIGHT FOLD NOBLE PATH is described in literally thousands of books with minor variations of the specific names used for each fold of the path. As author of THE BUDDHA & THE ROAD TO DHARMA, I recommend and agree with the terms used in:

MINDFULNESS, A Practical Guide To Awakening by Joseph Goldstein, Sounds True, which referencing of Buddha Dharma aligns with widely prevailing conventions.

And for utmost clarity, when I refer to Anand's imperatives and meanings, they are solely my interpretations of the teachings. They in no way imply that this is his exact meaning. That said, I hope you find it fascinating and insightful to look at the Road to Dharma, Anand's teachings, and how it relates to the Buddha.

BUDDHA'S PATH CONSISTS OF 8 *RIGHT* (i.e. Objective/Precise) OBSERVANCES:

RIGHT:	QUALITIES
#1 VIEW	A) Worldly Ease View & B) Noble View
#2 THOUGHT	Renunciation, Loving-Kindness, Compassion
#3 SPEECH	Don't Lie, Don't Gossip (Speak Truth & Listen Kindly)
#4 ACTION	Don't Harm, Don't Take, Don't Abuse/Use other in any way
#5 LIVELIHOOD	Don't trade weapons, humans, meat, drugs, fraud/usury
#6 EFFORT	Prevent unwholesome states, develop wholesome states
#7 MINDFULNESS	Contemplate body and mind nature
#8 CONCENTRATION	Be Single-Minded, Peaceful, Aware, Observant of SELF

<u>FOLD</u>	<u>DOMAIN</u>	<u>ESSENTIAL QUALITY</u>
BEFNP 1 & 2	WISDOM	accurate & truthful perception
BEFNP 3 4 5	MORALITY	accurate characterization of intention/motive
BEFNP 6 7 8	CONCENTRATION	accurate effort & method to transcend

Folds 3, 4, 5 *Right Speech -Action -Livelihood* are stated as *abstention, negation and omission*; passive, **renunciate** terms: i.e. **actions not to do**. This Dharma can also be stated in reverse as affirmation: i.e. **actions to do**.

Anand's Moral Imperative isn't omission but Engaged Action: "EVOLVE NOW!"
*THIS DHARMA difference & evolution from Buddha 500 BC to Anand 2020 AD is, though a simple reversal from **don'ts** to **dos**, ACTUALLY QUITE PROFOUND:*
Moving from mere omission to social assertion - is dynamic & evolutionary.

BEFNP 5 - 8 with full Buddha Dharma sub-component details

BEFNP #5 RIGHT LIVELYHOOD

CHALLENGES TO CAPITALISM, IMPERIALISM, MATERIALIST EXPANSIONISM:

- 1 Don't trade in weapons, don't make war
- 2 Don't trade in humans
- 3 Don't trade in meat
- 4 Don't trade in drugs
- 5 Don't trade in fraud/leverage-usury-banking

BEFNP #6 RIGHT EFFORT

- 1 Prevent unwholesome states that have not yet arisen
- 2 End unwholesome states that have arisen
- 3 Develop wholesome states that have not yet arisen
- 4 Strengthen wholesome states that have arisen

BEFNP #7 RIGHT MINDFULNESS

- 1 Contemplate the impurities of the body
- 2 Contemplate the suffering of feelings
- 3 Contemplate the impermanence of the mind
- 4 Contemplate the non-selfhood of phenomena

BEFNP #8 RIGHT CONCENTRATION

- 1 Single-mindedness & peace
- 2 Lead from ignorance to awake
- 3 Reveal Buddha-Nature
- 4 Reveal true SELF

HENRIK YDE's PRACTICAL STUDY, CONTEMPLATION & PRACTICE SUGGESTION:

List the positive reversals, *the 'do's* - of Buddha's don'ts

Contemplate and express - the 'do's - 1 through 8 - in your daily life

Observe self and others with regards to BEFNP

Aim to adhere - moment to moment - **to the PATH OF ANAND & BUDDHA DHARMA**

Establish your own firm practice - **on Your Personal Road To Dharma**

Contemplate, realize and abide in & as your own transcendent SELF

Be what you already are - the SAT GURU = the inner/transcendent guru/SELF

uphold the DHARMA to all sentient beings via unwavering Dharma practice

RTD Chapter Headings

- 1 Quantum Leaps
Bursting The Bubble
- 2 Freedom From Stories
Leaving Rishikesh
- 3 Freedom From Ego
- 4 Freedom From Self
End Violence Within
- 5 Freedom In The Gap
Power At Tungnath
- 6 Freedom In Relationship
Real Love At Badrinath
- 7 Personal Power
Hidden Valley Of Flowers
- 8 Freedom In Purpose
Unity At Hemkund Sahib

Relation to the Buddha Chapter Headings

Perception: Alter Perception, Alter World
Mundane Right View (Subjective Reason)

Adaptation: Drop Old Story, Calm, Focus Now
Noble Right View (Objective Reason)

Revelation: Drop Craving, Behold Peace
Right Thought (Karma Yoga: Detached Approach)

Liberation: Free From Self To Love The Unknown
Right Speech & Action (Bhakti Yoga: Love All)

Realization: Observe And Serve, Discriminately
Right Livelihood (Jnana Yoga: Know Real V Maya)

Emptiness: Abide As Gap/Void even *while* Relating
Right Effort (Raja Yoga: Lead w Grace, Don't Own)

Complementarity: Simultaneously Dynamic & Still
Right Mindfulness (MULTI MIND, No Mono-Node ID)

Evolution: Beyond Buddha, Assume Your Dharma Power
Right Concentration 2.0 (From Samadhi To Siddhi)

CHAPTER 1: PERCEPTION - Alter Perception - Alter The World

ANAND's VIEW Of **ACTION & STILLNESS** & BUDDHA's Noble Eightfold Path #1 (a): MUNDANE RIGHT VIEW
(Subjective Reason)

ANAND: "Why Would I Not Alter The World?"

Contemplating Anand's above *Dharma Question*, we discover its implications.
This specific question points to the very nature of life: *Life IS Change*.
Consequently, life is and presents a continuous flow of *New Opportunities*.
Contemplating life as *inevitable change* we become aware that to the degree
we *allow ourselves to be awake, aware, conscious and courageous*, we can seize
this opportunity: Through Continuous Awareness we & the world can all evolve.

We can stop resisting evolution, face reality and evolve *along with* life.
Aware that life neither stands still nor reverts in time, but moves forward -
we can *alter* the world. *Life is creative. Life is non-cyclical, spiraling.*
Why then, would we not want to participate & alter/evolve/improve the world?

Anand complements *his playful question* with *his serious demand* to pilgrimage:

ANAND: "This Is Not A Journey To Feel Better:
You Are Here To Transcend!"

Anand's *Dharma Demand* reminds us to seize every moment of life to evolve.
Opportunity has a complementary demand: TRANSCEND our old comfort zones.
His message: We only evolve when we welcome new challenges and experiences.
Open to potential, we grow. Calmly focused, we master moving into the new.

Buddha's Dharma points to similar complementarity between seeming opposites,

play & demand, opportunity & obligation, and purpose & method rise together as the unifying factor which always resolves all these pairs: **Transcendence**.

Buddha divides his Right View in two: **Mundane** (a.k.a. Worldly Ease) and **Noble** (see chapter two); increasing degrees of detachment leading to **Transcendence**.

BUDDHA: "What is Right View? **Right View, I Say, Is Twofold**:
There is Right View which is affected by taints, partaking of merit,
ripening on the side of attachment, **MUNDANE**; and there is Right View
which is **NOBLE**, taintless, SUPRA-MUNDANE, a factor of the path."

In contemporary language we could say Buddha's TWO-RIGHT-VIEWS DHARMA -
are SUBJECTIVE and OBJECTIVE REASON - calculating common sense versus hyper rational observation, analysis
and outcome prediction unto complete freedom from all delusion.

Thus, Buddha SPLITS REASON into two 'opposite' nodes of operation/attitude:
ONE calm, easy going, calculates personal gain (Mundane View/Worldly Ease)
ONE radical, cuts all self-attribution and material identification (Supra-Mundane/Noble View).

Buddhist psychology is both playful & pragmatic, radical & transcendentalist,
as exemplified in the two Right Views (RV) character traits:

RV#1 : Worldly Ease allows you to operate free of delusion/false expectation.

RV#2 : Noble or Supra-Mundane - allows you to operate free of self-servitude.

In plain terms: WORLDLY EASE lets you "alter the world", but may suck you in
("ripening on the side of **attachment**") as you claim and identify with gains.
Only NOBLE RIGHT VIEW assures LIBERATION ("is a factor of the path") because
in it you renounce profit and act only for the ultimate state: LIBERATION.

THAT is why **NOBLE RIGHT VIEW is "A FACTOR OF THE PATH", the highest DHARMA -
SUPRA MUNDANE**, i.e. **TRANSCENDENT**, above calculating, **MUNDANE** 'objectivity'.

Anand's Imperative & Buddha's Noble Right View are free of infantile emotion free of clinging to old narrative, comfort & convenience-identity constructs.

ONLY TRANSCENDENCE DELIVERS FROM THE CLUTCHES OF FALSE, MATERIAL IDENTITY. TRANSCENDENCE IS BOTH THE GOAL AND THE METHOD.

ANAND & BUDDHA DHARMA ALIGNMENT

Like Buddha, Anand *bridges Mundane & Supra-Mundane Right View*; he connects the manifest & the transcendent, for they are one *when perceived precisely*:
neither exists for itself, both for each other, for the sake of evolution.

In simple linear language we could say that we improve perception within and without ourselves, *not as goals in themselves*, but because this very process of being aware and serving sangha (community, the whole) is our emancipation, *the movement out of little i into Big I*: **Transcendent Awareness, Liberation.**
Liberation from bondage (clinging to & identifying with impermanence/form).
Realization of The Self - As Stillness, even while moving; two as one: YOGA.

**WE SHOULD ONLY IDENTIFY AS DYNAMIC EVOLVING INTELLIGENCE -
ALTERING & IMPROVING THE WORLD - THROUGH AWARE ACTION -
SIMULTANEOUSLY COMMITTED & DETACHED - ONE WITH THE MOVEMENT
YET EVER SEPARATE FROM FORM - FROM THE IMPERMANENT.**

Ultimately, we realize that our true naked/deepest *motives* determine our path.
OUR ROAD TO DHARMA, to freedom/liberation, then runs through our unvarnished adherence to DHARMA/TRUTH, allowing no delusion or lie to bind or taint us.

ANAND & BUDDHA DHARMA TERMINOLOGY ALIGNMENT & DIVERSION

ELABORATION / EXPLANATION of Buddha's term 'RIGHT'

Buddha's use of the term 'RIGHT' means not just morally/ethically good and or *justified*, but rationally, objectively, operationally correct - accurate, effective, expedient, approximating freedom from delusion & error.

COMPARING TERMINOLOGY RE. ATTITUDE & METHOD TO MASTER IMPERMANENCE

Contemporary Yoga Dharma calls the open attitude **AWARENESS & STILLNESS**.

Classical Buddha Dharma calls it **RIGHT VIEW** in two complementary nodes.

RE COMPLEMENTARITY

Anand's two statements - the widening question and the focusing command - jointly refer to the complementary nature of life and manifest phenomena:

*The complementarity of opportunity and obligation, which is **Yoga Dharma**.*

BEYOND BUDDHA: SOCIAL ENGAGEMENT & ACTION FROM STILLNESS

Anand ties the application of **Mundane Right View** (subjective/personal merit)

to application & strengthening of **Noble Right View** (objective/social duty):

We/you are not here to 'collect merit' - but to transcend formal identity -

We/you are not here to just realize yourself and improve things for yourself,

but to realize your power as **dharma & service to community / sangha / world**.

Anand's "altering the world" transcends Buddhist Merit Collection Doctrines (earning better reincarnation by good deeds) – by posing a moral imperative to engage socially – in **evolutionary action for all**.

Episode 1 contains several more correlations & references to Buddha Dharma.

We encourage the reader to rewatch the episode and find & contemplate some of these correlations. Map them, evolve by contemplating & practicing them.

Seekers can apply both Buddha & Anand Dharma to liberate themselves.

CHAPTER 2: ADAPTATION - Drop Old Story - Be Calm & Focus Now

ANAND's VIEW Of **DETACH FROM PAST** & BUDDHA's Noble Eightfold Path #1(b):
NOBLE RIGHT VIEW (Objective Reason)

ANAND: "Drop Your Old Story - Evolve, Transcend"

"Drop your old story" - is Anand's moral imperative *and* call to be the power we/you already are: express it not to compete but *To Serve Liberation Of ALL*. This '*duality become one*', A) moral imperative *and* B) personal power, as one - is **THE ROAD TO DHARMA CONVERGENCE: Simultaneous Aesthetics & Ethics, Morality & Mastery: NOBILITY**. Just as Sanskrit words have multiple associated meanings, DHARMA (*truth*) is multiple nodes jointly composing oneness – i.e. YOGA (UNION).

ANAND: "Don't Find Reasons To Stay Stuck -
In The Waiting Room!"

When we look for reasons to *not* change behavior/evolve along with life/reality, those 'reasons' become excuses for staying stuck in self-made *suffering (dukkha)*. Anand, like Buddha, here warns of the mind-trap attached to *Mundane Right View, (calculating reason): 'tainted, partaking, ripening on the side of attachment'*, doing inventory of symbolic gain & security. **SO: Adapt & Evolve Consciousness.**

ANAND & BUDDHA DHARMA CORRELATION: **NOBILITY Uses Adaptation** –
(face & adjust to reality) Not As Goal In It-Self, But As Foundation
To **Accurately See** How Suffering Arises & Ceases: The Knowledge
Which Leads To Eventual Revelation (Ch 3) & Liberation (Ch 4).

BUDDHA: "Right View is the Knowledge Of Dukkha (suffering), knowledge of Origin of Dukkha, knowledge of Cessation of Dukkha, and knowledge of the Way of Practice leading to cessation of dukkha. This - is called Right View"

Noble Right View realized becomes **LIBERATION**, attained by objective observation of **worldly reality as impermanent**, thus logically detaching from any delusion of worldly gain, understanding fully and living by and in the conscious realization that any **temporary gain is no gain**, non-identifying with objects. *This is **FREEDOM**.*

Liberation is the aspect of enlightenment, which severs the calculating emo-ego from the observing intelligence so no identification with worldly gain prevails.

Then - liberation from all attachment and delusion, and from karma and samskara (bonds & impressions) is attained, and the emo-ego-ID is extinguished.

This extinction of emo-ego-false-identity **is** Nirvana (Nirvana means Extinction).

What/Who then, am I? ***I am transcendent being-knowing-consciousness beyond form.***

Attachment, Old Story, is the cause of suffering; dropping it - is Liberation.

Dharma Practice Produces Liberation. As we **Non-Identify with gain/loss/object**, we awake, perceive & practice the **Transcendence/Non-Attachment Dharma Principle and we become The Transcendent-Awareness-Identity, the Dharma Principle It-Self.**

As Transcendence EXPANDS Our Right View, we apply it in all domains of life – i.e. in the next 7 domains/folds of the 8 Fold Path:

RIGHT Thought Speech Action Livelihood Effort Mindfulness & Concentration.

We move our identification from form to formless awareness consciousness,

and we realize we were *transcendent from the beginning but forgot by competing:*

ANAND: "Can You Stay Calm? There Is Nothing To Prove!"

Staying calm while addressing the demand of the moment, **detached yet present**, is the principle practiced, leading to mastery: the path/road of & to Dharma. Anand emphasizes there is no reason to push and nothing to prove in life. A competitive itch is non-mastery. Mastery is being calm, courageous, objective.

ANAND: "Don't Wait To Get There - Pull Mastery Into Now"

If you *can't* be calm, you *can't* ride. If you **can** be calm, then you **can** also visualize yourself riding, and feel yourself as one with the bike and the road and then you can ride - and approach mastery, calmly organically, in real time. In other words, it is 'old story', which is fear, and absent-mindedness, which prevent mastery and skill from being developed. Drop story, be calm, visualize - and ride. *Calm Detached Objective One With The Now*, not skill, will carry you.

ANAND: "Don't Live As Victim - The Dancer Is The Dance"

Be one with your movement. Your movement changes all the time. Change with it. You are not a fixed object. You are dynamic intelligence, ever flowing along with your movements, which are ever changing. Adapting, merging, mastering. Your dynamic, intelligent flexibility, is free of form & static narrative. The dancer is the dance - and the rider is the Road - To Dharma.

FURTHER CORRELATIONS BETWEEN ANAND AND BUDDHA DHARMA in RTD Episode 2

BUDDHA's NOBLE RIGHT VIEW & ANAND's EVOLVE/TRANSCEND IMPERATIVE **CONVERGE:**
- 'the knowledge of Dukkha & its cessation' leads to 'Anand's Imperatives':

LIBERATION BY ADAPTATION to **PRESENT** ever changing real demands & duties -
Don't cling to old story and convenience - they are just symbol & myth -
Drop the body/mask/role fake fixed identity (fear) - be aware, calm, dynamic -

Take responsibility for both self and community - adapt, learn, master -
You already are the Dynamic Awareness - Free - to Detach, Evolve and Serve -

ANAND & BUDDHA DHARMA - PRACTICAL TAKE-AWAYS

- 1 The old/past/known/learned etc cannot make you secure
- 2 The new circumstance makes the old story & structure irrelevant
- 3 Clinging to old form & structure is separation - not oneness, not yoga

THE CHARACTER OF DHARMA

Dharma Attainment is *always* for all and never for individual/personal gain.

As Anand points out: power emerges from the calm inner self freed from story.

THE PROFOUND REALIZATION HERE IS THAT:

There is no *Domain Split* between Power - and - Ethical, Moral Imperatives.

Anand's Dharma, like Buddha's Noble Eight Fold Path, are not only ethical and moral imperatives or prescripts, rather they also lead to real power, unconditional power, because they free the practitioner from external conditionality, placing all responsibility & potential in the practitioner, in the Buddhi/Intelligence - the calm, inner, transcendent, aware presence. The Real Identity. The Transcendent Self.

We will cover *Right Thought, Speech and Action* in episode 3 (next episode).

CHAPTER 3: REVELATION - Drop Craving - Behold Grace & Love

ANAND's VIEW Of **DETACHED IDENTITY** & BUDDHA's Noble Eightfold Path #2 & #3:
RIGHT THOUGHT & RIGHT SPEECH (*Karma Yoga: Detached Action Identity*)

ANAND: "Move Past Craving"

When challenged we crave comfort. But when we CONSCIOUSLY DETACH as in Buddha's *RIGHT THOUGHT*, we face reality and realize precisely as Anand says that: "**Craving and Comfort Seeking is Confinement - staying locked in a cage of fear**".

To liberate oneself, one must reject - or in Buddha's terms *RENOUNCE* - this craving for comfort & convenience - because craving is unworthy of, and is *not*, one's true nature. Our true nature is grace and love.

ANAND: "You Are Grace & Love"

BUDDHA DHARMA: Right Thought

BUDDHA: "The Thought Of A) Renunciation, B) Non-Will, C) Harmlessness - This Is Called Right Thought."

Buddha's Right Thought Dharma is stated above as *abstention, negation, and omission; passive, renunciate terms: i.e. thoughts not to think.* B) and C) can naturally also be stated as *positive thoughts & acts*:

BUDDHA's RIGHT THOUGHT B): LOVING-KINDNESS, RIGHT THOUGHT C): COMPASSION - correlate to Anand's Moral Imperative: "**MOVE PAST CRAVING!**"

One DHARMA difference & evolution from Buddha 500 BC to Anand 2020 AD - though a simple role reversal from **don't** to **do** emphasis - **is PROFOUND:**
Moving from mere omission to Actual Assertion is **DYNAMIC & EVOLUTIONARY.**

To Practice Right Thought, we abstain from competitive & negative thought
& WE PUT INCLUSIVE/POSITIVE THOUGHT INTO ACTION, THUS WE ARE GRACE & LOVE.

BUDDHA DHARMA : Right Speech

BUDDHA's NOBLE EIGHTFOLD PATH #3 RIGHT SPEECH

BUDDHA: "No Lies. Speak Timely, Truly, Beneficially, Loving-Kindly."

ANAND RTD EPISODE 3 correlations to BNEP #3: RIGHT SPEECH

Clinging & Craving to bubble-security & comfort, is a lie (False Identity),
a false/old speech/story one narrates to self & other to escape challenges
to evolve. False speech stops us from facing, adapting & acting in reality.
All lies must be rejected, if we want to evolve & progress spiritually.

RIGHT SPEECH is a productive tool to evolve, True & Beneficial. An example:

MANTRA – IS SPEECH & SOUND, PROACTIVE, GENERATIVE - i.e. RIGHT SPEECH.

Use mantra to generate power & strength to ACT, whether hiking a mountain -
or being compassionate with and supportive of self & others.

FURTHER ANAND & BUDDHA DHARMA CORRELATIONS in RTD Episode 3

The awake & detail oriented observer will find more ANAND DHARMA NUGGETS in ROAD TO DHARMA E.3
parallel to Buddha's Noble Eightfold Path. Here's some:

ANAND QUOTES in RTD Episode 3 correlating to BNEP #4: Right Action (Ch4):

"challenges exists to reveal who we are" - respond to all with RIGHT ACTION

"when challenged we crave comfort" - don't seek escape, do RIGHT ACTION

"move past your craving" - *don't play victim, do RIGHT ACTION*
"don't wait for the future, pull future to now" - *don't delay RIGHT ACTION*
"don't lose yourself" - *your true self, you, you are RIGHT ACTION*
"take responsibility for self and Sangha" *act calmly now with RIGHT ACTION*
"anger is just a state/energy, not you" *focus energy into CALM RIGHT ACTION*

RIGHT ACTION FOR GURUS

ANAND: "Masters don't lead you to *themselves*, but to *yourself*"

RIGHT VIEW-THOUGHT-SPEECH FOR ALL

ANAND: "The truth of who you are is beyond concept & imagination -
you are incomparable to any self-image you have"

REFERENCES: BUDDHA's NOBLE EIGHTFOLD PATH (BNEP) #2 & #3 & #4 DEFINITIONS:

#2 RIGHT THOUGHT Renunciation, Loving-Kindness, Compassion
#3 RIGHT SPEECH Speak Truth/Don't Lie, Don't Gossip, Listen & Speak Kindly
#4 RIGHT ACTION Don't Harm, Don't Take, Don't Abuse/Use Another Sexually
CONCLUSIVE TAKE AWAY FROM ROAD TO DHARMA EPISODE 3:

**Anand renounces clinging/craving comfort & convenience (material-identity)
and encourages loving unselfish action (I/You as meta emanating into matter)**

CHAPTER 4: LIBERATION - Free From Self - Love The Unknown

ANAND's VIEW Of **DETACHED EXPRESSION** & BUDDHA's Noble Eightfold Path #4:
RIGHT ACTION (*Bhakti Yoga: Love All*)

ADAM: "See Your Shadow Before It Manifests"

RTD Director Adam Schomer encapsulates Anand's message, that craving leads to anger & assigning blame, rather than taking responsibility.

ANAND: "End Violence - Within and Without"

Anger & blame arise because our perception of the present is clouded by any past experiences, which we haven't yet understood, and by any unconscious and wishful expectation of future convenience and reward. Our clouded, non-objective perception/view is not just unproductive, but downright destructive; unseen/unchecked it manifests as violence.

BUDDHA DHARMA : Right Action

BUDDHA's EIGHT FOLD NOBLE PATH #4 RIGHT ACTION a): DON'T HARM

b): DON'T TAKE c): DON'T ABUSE (in any domain: economics, sex etc)

BUDDHA: "Avoid What's Unskillful, Do What's Good, Purify The Mind."

BUDDHI means AWAKE INTELLIGENCE. Practicing Our Personal Buddhi Faculty we differentiate the many causes of our perceptions and find and remove destructive root causes, emotions/motives/states and **PURIFY OUR MIND.**

Exercise Buddhi, end violence, free yourself via RIGHT ACTION.

Lack of Buddhi (intelligent differentiation) leads to angry judgement

and thus, potentially to inner & outer, violent emotion & re-action.
Buddhi practice frees us from bondage to unexamined & unfulfilled craving, desire, expectation and their following violent re-actions -
frees us from Unskillful Action, frees us onto RIGHT SPEECH & ACTION.

ANAND: "Test Your Expectations -
Question What You Think You Need"

Contemplate, differentiate, examine your expectations & re-actions.
This is Buddhi. Buddhi preempts abusive, harmful, violent re-action by detaching from and parsing one's motives, discarding all craving, realizing craving rises only due to *mis-identification* with object.
Buddhi Practice liberates both self & other from cycles of harmful, exploitative, *unintelligent, unskillful action (chasing cravings)*.

Intelligent Differentiation of one's desires is the key to objective perception. Questioning what we need, facing the difference between what we truly need versus ego's craving & fantasy we free ourselves from blame & victimhood, and take **RESPONSIBILITY for our perception - (RIGHT VIEW, BNEFP1/Ch1) and for our RIGHT THOUGHT, SPEECH & ACTION.**

ANAND: "Responsibility Is Not A Burden -
It's A Natural Expression Of Your Love"

Essentially, BUDDHI operates in the GAP/Pause/Silence/Detachment as *Meditative Perception, the foundation of RIGHT VIEW THOUGHT SPEECH etc* - Anand calls it "A Natural Expression Of Your Love" (*Objective Expression*).

Meditation is *Detachment* from all conditions and roles one can play.
Meditation is achieved by dismissing craving / object-identification.

Meditation is retreat into the gap/silence to connect to/be our Buddhi.
Meditation is the key to freedom from identification with condition.

ANAND: Freedom From Circumstance & Self Is:

“Don’t Fight Anymore, Be in Love With All, Realize You are The Whole”

“In This Very Moment The Whole Is Listening & Experiencing Through Us”

“Effortlessly We Are Present”

DHARMA STEPS SUMMARY: Evolve = Respond To Reality

Anand & Buddha Bullet List Pointers : Right Evolving Dharma:

QUALITIES

ANAND

BUDDHA

be calm

E1 can you be calm

perceive all as it is *

be present

E2 call mastery into moment

avoid what is unskillful

be analytical

E4 question what you need

purify the mind

be responsible

E4 responsibility is love

do what is good

RIGHT EXPRESSION is taking responsibility & evolving via Dharma Practice

THE QUALITIES OF WORLD AND OBSERVER: TATHATA AND TATHAGATA *

ANAND's 'UNKNOWN' parallels Buddha's term **SUCHNESS TATHATA**

the manifest world in any of its conditions **PERCEIVED AS IT IS**

the awake **BUDDHA, via Buddhi** sees TATHATA and thus is **TATHAGATA**

Tathagata: One Who Has Thus Gone (beyond suchness) - ***implying:***

Viewing without projecting attribute/expectation/glorification -

Thinking without embellishing negative or positive quality onto -

Speaking without craving or trying to escape or control any condition -

Acting Detached in world of suchness: WITHOUT IDENTIFICATION / MELODRAMA

The world simply arises and disappears – No Form Is Durable/Permanent
The observer too arises & disappears – Not Identified With Any Form

THUS, BOTH WORLD & OBSERVER ARE FREE - of:
attachment, claim, clinging, craving, identification ownership etc
only the transcendent, unchanging intelligence is real and permanent

CHAPTER 5: REALIZATION - Observe & Serve From Transcendence

ANAND's VIEW Of **Detached Expression** & BUDDHA's Noble Eightfold Path #5 & #6: RIGHT LIVELIHOOD & EFFORT
(Jnana Yoga: Know Reality From Delusion/Ego)

ADAM: "Face The Present" (don't try to escape)

RTD Director Adam Schomer sets up Anand's 'GAP-BEING' DHARMA:
The Key To Freedom **Is** Transcendence – Which **Is** Self-Realization -
experienced as we Stop Trying To Escape and instead Enter The GAP.

ANAND: "Enter The Gap : Realize Your Being"

Anand quotes Shiva speaking to Shakti:
*"Pay attention to THE GAP **between** my words. Don't pay attention to my words.
In the GAP you find **the being** and merge with it.
When you merge in the being all understanding will dawn on you" -
because you are it already.*

BUDDHA DHARMA : RIGHT LIVELIHOOD & RIGHT EFFORT

BUDDHA's EIGHT FOLD NOBLE PATH #5 RIGHT LIVELIHOOD & #6 RIGHT EFFORT

BUDDHA: "Don't Trade In Weapons, Humans, Meat, Drugs, Fraud/Usury"

"Prevent/End Unwholesome States, Develop/Strengthen Wholesome States."

I conjoin 5 & 6 because *the* essence of 5/Right Livelihood, is to *do no harm*:
Avoiding every trade BNEP #5 says to avoid, is a product of super-awareness. Avoiding *the worst* of them, is a start point for developing Wholesome States.

The Anand/Shiva GAP is Buddha's Wholesome States: calm, detached, free of identification with any action,

condition, emotion, role, state & thought -
pointing to full revelation of TRUE SELF: YOUR TRANSCENDENT BUDDHA NATURE.

ALL BNEP steps conjoined, cumulated & sustained, constitute enlightenment:

no new impressions or bonds are created - old samskara & karma is dissolved – thus dis-identified/FREE of impermanent form we REALIZE WE ARE TRANSCENDENT.

ANAND: "Be In The GAP - You Are It Already"

We use BUDDHI, OUR AWAKE GAP-INTELLIGENCE, to conduct RIGHT EFFORT.

Right Effort means we discriminate Unwholesome from Wholesome States:

Avoid escape, calmly face challenge, stay in GAP even while expressing.

CONDUCTING RIGHT LIVELIHOOD & EFFORT IS TO BE WHOLESOME & TO DETACH:

Dis-identify from fleeting conditions/states & reject lies/melodrama.

By Right Livelihood & Effort Dharma we find & free ourselves able to calmly, intelligently & spontaneously respond benevolently to life as it unfolds.

ANAND: "There's No Path Outside You"

ANAND: Go-to & stay-in your true self. Practice staying in the GAP.

Don't give power away. You exist in your transcendence.

You are consciousness beyond ignorant particles.

Ignorant particle is insignificant, because it acts only by its nature -

(automatic behavior) it has no higher consciousness / no transcendence.

You Are The Path. You Create Your State. There's No Path Outside You.

(realize your transcendent state, no ignorance can disturb your GAP state)

ANAND: "You Are Not The States (of mind)"

Anand's above statement continues classical Yoga Dharma with a *new emphasis*: Anand's Dharma points to our potential infinite evolution of consciousness.

No single state/step on the path is a goal in itself - rather all are steps to reveal Buddha Nature: Realizing True Self As Transcendent & Ever Evolving.

ADAM: "Heightened awareness is always tested –
by physical reality"

Whenever we feel we have achieved a higher state, *we know from experience that our very assertion of achievement, will lead to us being tested.*

it's as if Higher Self listens & responds "Oh Yeah? You think? Let's See!"

Hence when a test of consciousness comes, as it will, we can now **remain** detached and **un-identified** with the test/obstacle; we simply remain ever-calm and do what has to be done - WITHOUT CREATING A VICTIMHOOD NARRATIVE.

Victimhood stories are something everyone is really good at today, because it's the go-to readymade, non-stop prototype manipulation tactic used by the dominant western ideology, neo-liberalism, to trick opponents at home & abroad to submit to its hierarchic and pseudo-meritocratic structure.

Lip-Service *identity-inclusivity* is decoy for *strategic economic in-equality*.

Victimhood narrative is encouraged, but no structural equality ever created.

Yogis however, never submit, not to culture nor to nature. And here is why:

YOGA means ONE/UNION, and *YOU CANNOT BE ONE WITH ALL* if you are *PARTICULAR*.

To be particular, is to favor one group/ideology over another - and anyone who does so, is beholden, bonded and delusional, separate from and *feeling above* 'the other' group/ideology. That's non-inclusion ideology, ANTI-YOGA. Individual/Special-Group Centric Ideology is competitive and non-inclusive.

ANAND: "When Belief Ends, Where Knowing Begins,
That's Spirituality. *Spirit Is Expansive*

Evolutionary Fluid Knowingness, Humble, Moving,
Inclusive - Exclusivity Is Ignorance"

Remember that: *Radical Inclusivity Is Your Key To Being, Mastery and Yoga.*
Don't delude yourself; you cannot serve a selective ideology and be a yogi.
Discard any & all belief in any specialness/superiority, or be a hypocrite.

So, there it is - there is nowhere to hide for a real, sincere & true yogi.

CHAPTER 6: EMPTINESS - Lead As Grace - Not As Form Or Owner

ANAND's VIEW Of **EMPTY SELF** & BUDDHA's Noble Eightfold Path #6:
RIGHT EFFORT (*Raja Yoga: You Are Noble Sovereign*)

ANAND: "Drop All Expectation & Opinion -
Stand Empty & Humble In Order To Learn"

ANAND: "To Realize 'Who I Am' –
Go Deep *Beyond Content Of Mind*
Because Only The Truth Of Who I Am -
Only My True Self Will Set Me Free"

In The Road To Dharma series episode 6 Anand shares that since yogis have meditated in the Himalayan mountains for millennia, the Himalayas are very conducive to going to the most deep, empty, and quiet layers of self – **beyond mind-content**, to realize who we are. Quiet Mountains – Quiet Self.

Mind content is made up of expectations & story. Rather than facing reality. **Expectation/story is Unwholesome** - a failing tactic to **avoid/escape** reality.

Grace is free of story/unwholesome states - no emo-ego, no greed, no hate.

Grace is empty open mind: ready & able to effectively adapt & alter reality.

BUDDHA DHARMA : RIGHT EFFORT

BUDDHA's NOBLE EIGHTFOLD PATH #6: RIGHT EFFORT

BUDDHA: "*Prevent Unwholesome States Not Yet Arisen
End Unwholesome States That Have Arisen
Develop Wholesome States Not Yet Arisen
Strengthen Wholesome States That Have Arisen*"

LIKE SANSKRIT WORDS ARE STRINGS OF MULTIPLE ASSOCIATED MEANINGS -
 LIKE HIMALAYAS ARE SERIES OF PEAKS, SPIRITUAL CONCEPTS & WORDS ARE SEQUENCES
NOBLE DHARMA PRINCIPLES/PRACTICES ALIGN AS PATH TO FREEDOM/SELF-REALIZATION:

	ANAND	BUDDHA	HENRIK YDE
	MEMES:	RIGHT:	CORRELATIONS & ELABORATIONS:
1	burst your bubble	View	see physical & social reality
2	stop trying escaping	Thought	adapt to phys/soc real, be present
3	drop craving/story	Speech	detach assume/reveal responsibility
4	love the unknown/all	Action	liberate your SELF from 'yourself'
5	enter the GAP	Livelihood	realize express your <i>Highest</i> SELF
6	transcend mind	Effort	empty SELF of content except Dharma
7	contemplate reality	Mindfulness	assume identify SELF as Dharma
8	reveal true self	Concentrate	complete world/you via Dharma, evolve

Following The Noble Path Of Dharma Principles, we perceive both transcendent & physical reality as they unfold. Detached/Empty we realize our true being. **Free of the fears & role reversals of object-ID, greed & violence, we respond intelligently to challenge: We Strengthen Wholesome States, We Lead As Grace.**

ANAND: "A True Life Has No Walls, No Violence, No Fear"

Walls cover fear & guardedness. Can we live a true life by hiding?
 Assume courage to be empty, open – in order to *know self and world*.

ANAND: "When Two Wholes Come Together : There is Beauty"

ANAND: Relationship can become a 'ship' (object), you expect it to take you somewhere and your partner to make you happy. Objectification & expectation is a fallacy - **UNWHOLESOME**. In routine we forget to relate. We

must listen, and observe. **When two wholes come together there is beauty - WHOLESOMENESS.**
Caught in routine is false identity: mundane, mechanical, unconscious.

An evolutionary relationship is aware, open & dynamic.

When you realize only you can set you free you want to serve & lead as grace.

When you are in touch with *SELF* nothing is missing, you are full & flow over.

Without serving & trusting there is no love (only insecurity & destruction). **Love is freedom and trust is the key - trust, not in the other, in you/SELF.**

So, trust yourself to be able to transcend.

ADAM: REMEMBER without diligent practice it may all be lost. Practice Dharma.

CHAPTER 7: COMPLEMENTARITY - Simultaneously Dynamic & Still

ANAND's VIEW Of **COMPLEMENTARITY** & BUDDHA's Noble Eightfold Path #7:
RIGHT MINDFULNESS (*Multi Node Identity – No Mono Node ID*)

ADAM: "Dharma/Truth Means No Hiding, No Stories"

RTD Director Adam Schomer says We Find Dharma/Truth Wherever We Are Present.
To face total reality objectively, we must be present & honest because truth about who we really are, can only be found *in our presence* in every moment.

ANAND: "True Silence By Nature Is Very Present"

We can say that in some way *Truth Is Presence and Presence Reveals Truth*.
Truth exists in two domains: material *and spiritual*/transcendent reality.
The two domains experienced *simultaneously* - are complementary phenomena.

ANAND: Nature Is Simultaneous Dynamism & Stillness,
Expansion & Humility, Movement & Stillness.

BUDDHA DHARMA : RIGHT MINDFULNESS

BUDDHA's NOBLE EIGHTFOLD PATH #7 RIGHT MINDFULNESS

BUDDHA: "Contemplate the impurities of the body"

"Contemplate the suffering of feelings"

"Contemplate the impermanence of the mind"

"Contemplate the non-selfhood of phenomena"

Buddha's Right Contemplation *reveals the causes* of suffering arising from identification with body, mind, impermanence/world all of which are non-ID. Break the identification with all these. Be Still, Free of constraint/fear.

ANAND & BUDDHA : COMPLEMENTARITY = RIGHT MINDFULNESS

ANAND DHARMA: *You don't have to always be nice; you don't have peace when you **repress** your power. You don't need to prove, but to accept who you are. It's not about becoming; you are it.* Reject toxic thoughts of fear and failure. Fear of hurting anyone is fear of failure. Convenience stays in comfort zone. The magic happens outside the comfort zone.

*By following convenience, you hurt others by letting them continue toxicity in your presence: a 'sin of omission' **represses Dharma Principle/Mindfulness.***

Don't hurt others by accepting toxicity, don't hurt the soul of the earth. **Allow your power, express complementarity, speak up for RIGHT MINDFULNESS.**

REJECT IMPURITY, SUFFERING, IMPERMANENCE & NON-SELF:

ANAND DHARMA: *Yoga transcends self/agenda/calculation/expectation/re-action.*

Transcend conditioned self. Study your reactions: What takes your attention? What do you talk about in the 'gaps'? Gossiping, grouping?

*In a GROUP our DHARMA-DUTY is to not engage in downward-spiral : **IMPURITY.***

*Sympathy is not compassion; it adds to the pain-body. Pity degrades someone, takes their dignity, joins & adds misery to emo-ego : **SUFFERING OF FEELINGS** just to belong, to avoid THE VOID, fear of ego-death :*

IMPERMANENCE OF MIND. *Compassion may explode to reveal ULTIMATE DHARMA : **NON-SELFHOOD OF PHENOMENA.***

ADAM: when we're all exposed, will we hide in fear or expand & find freedom?

ANAND: It's our duty & responsibility to everyone & to serve DHARMA. Don't underestimate how deeply you can impact everybody's journey by the way you're being. Two People Relating In True Silence Can't Misunderstand Each Other.

RIGHT MINDFULNESS PRINCIPLES - BULLET REMINDERS:

Be present/still – yet dynamic, stay empty – yet alert - connect with source.

See & Express Complementarity & simultaneity - Reject Polarity & time/stress.

BY CONTRAST: when manifesting/mastering : pull future/mastery to present task

-because *body* is in present – and *buddhi* can pull the future into the present
so that the future/mastery abides also with the body & present : **YOGA**.

PARENTHETICAL NOTE : COMPLEMENTARITY & MINDFULNESS allows you to:

ABIDE IN THE PRESENT – and PULL ALL INTO THE PRESENT : a *kind* of OMNIPRESENCE

which when manifesting/mastering becomes a *kind* of OMNIPOTENCE & when *serving* becomes a *kind* of

OMNISCIENCE – *at once* identifying with all nodes/elements - MULTI NODE ID **and** NO ID BUT The Transcendent

Principled Intelligence: **DHARMA**.

CHAPTER 8: EVOLUTION - Beyond Buddha - Assume Your Dharma Power

ANAND's VIEW Of **EVOLUTION** & BUDDHA's Noble Eightfold Path #8:
RIGHT CONCENTRATION (*From Samadhi To Siddhi : Transcendent Social Action*)

ANAND: "Don't Give Away Your Power"

ANAND: SEPARATE SELF/TRUE IDENTITY FROM MATTER/OBJECT

ANAND DHARMA: YOU ARE NOT YOUR POSSESSIONS (addressed specifically to men).

Men must come into *their* power; don't seek the "who am I?" through money.

Overcome (male) insecurity - **know yourself** independently of money-power.

A man must know himself, what he is made of - with absolute certainty.

Stop thinking of money. Money follows by itself (as we serve innate power).

ANAND DHARMA: Conflict & violence within means your spiritual vocabulary is hypocrisy. Don't let your possessions possess you ('ownership' is non-self). Free yourself from 'self' /emo-ego. Realize where & how effortlessly you are.

Realize the whole expresses itself through you. You are connected, sustained, supported right now. (Your true being is totally free from quantification).

BUDDHA DHARMA : RIGHT CONCENTRATION

BUDDHA's NOBLE EIGHTFOLD PATH #8 RIGHT CONCENTRATION

BUDDHA: "Practice Single-Mindedness & Peacefulness

Move from ignorance to awakeness & reality

Reveal Buddha-Nature

Reveal True Self"

ANAND DHARMA: SINGLE-MINDED PEACEFUL YOGI WARRIOR

Ask 'What do I contribute? How do I serve?'

Live a life of purpose, by serving (and thus) be a free human.

Stand up as a warrior for life, for the whole, for the dharma principles.

What does your life stand for, what does the way you live add to the whole? ***Yogic warrior life is connection.***

Realize you're the whole, the whole is you.

Live free, radically, beyond norms (Drop Ignorance, Awake, **REVEAL TRUE SELF**).

Keep a Strong Spine & Soft Heart. Stand up or surrender as needed by DHARMA.

ANAND'S DISCOURSE ON CONCENTRATION AS SERVICE : IS DYNAMIC DHARMA

ANAND'S MORAL IMPERATIVE OUTPERFORMS THE BUDDHA IN MY OPINION.

SAMADHI : NOT GOAL IN IT-SELF BUT PLATFORM FOR EVOLUTION

When you experience the GAP you realize it is non-threatening - that you still are/exist even without specific form & agenda, opinion & objective - even without any movement whatsoever.

You are beyond subjective and impermanent conditions. You are the GAP –

and your being as the GAP is limitless. From that **REALIZATION**, ever more abiding in that transcendent state even while acting/doing is **LIBERATION**:

the moksha, satori, enlightenment, Sat Chit Ananda, Sahaj Samadhi.

We can act, create, contribute, live, love, alter & improve the world, as grace & peace from the space of being-transcendence / un-defined being.

Thus detached, meditating-while-acting, we alter & improve the world –

not just escape & reject it just for peace, i.e. banal SPIRITUAL CONVENIENCE.

ANAND'S YOGI WARRIOR DHARMA IS NEW - EVOLUTIONARY

ANAND'S MORAL IMPERATIVE to engage & express your transcendent DHARMA power where ever you are - socially and culturally – is THE NEW EVOLUTION OF DHARMA.

Anand's Dharma is not just about individual 'salvation', but engaging and evolving all humanity and human expression. Anand emphasizes evolutionary action **bridged** with transcendence, beyond traditional *spirit-only* modes.

Radical Transcendentalism exists in Advaita (Neti Neti), but Anand rejects hardcore reductionism, as the nihilist pursuit it is, and instead embraces life in the body/world, not as material icon worship, but opportunity to evolve both the transcendent witness and the world as Dynamic Grace/Power.

Anand's Dharma is a both CREATIVE and PRAGMATIC TRANSCENDENTALISM – a spirituality which can alter & improve the world, rather than just flee it.

FINAL CHAPTER: ANAND DHARMA - BUDDHA DHARMA -ADVAITA VEDANTA

This final chapter is a comparison of the Dharma seen from Anand in Road to Dharma, The Classical Buddha Dharma, and the Advaita Vedanta. Again, this is an analysis & interpretation by Henrik Yde, not Anand's assertions or the assertions of the series.

A FEW COMPARISONS & CONTEMPLATIONS OF

1 ANAND'S 'INFINITE DYNAMIC EVOLUTION'

2 CLASSICAL BUDDHA DHARMA AND ADVAITA / HINDU NON-DUALISM

ANAND's Infinite Evolution Dharma, is NOT classical Buddha Dharma.

Buddha's *Nirvana* means *Extinction*, the final step of the Noble Path, exactly as in radical non-dualist (Hindu) Advaita doctrines, like for example Nisargadatta Maharaj's *Absolute/Para-Brahman*, the final step of Non-Dualist cognitive reduction(ism) known in Hindu Yoga/Meditation terminology as "Neti-Neti" - meaning: "NOT THIS NOT THAT" –

i.e. "I am not this, I am not that" - leading to the ultimate realization of being nothing, in Buddhism "Shunya" i.e. Emptiness / The Void. (Absolute Nothingness, Non-Being, in western philosophy : Nihilism).

Although Nisargadatta said THE ABSOLUTE **is the only reality** - he also said "The Absolute is not aware of it-self and has neither any knowledge nor any sense of being". And "I shall very much be without the sense of being". These sets of statements are obviously self-contradictory. Nisargadatta's Absolute is by his own words a simultaneous nothingness *and* somethingness - raising the question: How can Para-Brahman be 'the ultimate state' without knowing it, and what is the value of being without knowing it, or anything else, for that matter?

Self-contradictory assertions are 'bad' philosophy or rather do not qualify as philosophy, and thus are non-philosophy. Claiming simultaneous being & non-cognition as *pinnacle state*, is a contradiction, not resolved by placing the self-contradictory/dual being in two separate domains: the manifest and the unmanifest; nor is it resolved by claiming they're both separate *and* one as Nisargadatta does when he says "I am only the

absolute" and later "I am the worshipper, the worshipping and the worshipped and neither".

Reductionist Advaita non-dualism is not a philosophy; it is a set of concepts designed to facilitate and point to a series of experiential states of cognition/mind - i.e. promote an experiential psychological process.

Philosophy requires stringent internal consistency of argumentation in order to provide formal problem solving. Philosophy rejects Internal contradiction, as well as recurrence of same sets of problems (recurrence is non-solution).

Buddha's Nirvana/Extinction and Nisargadatta's Absolute Nothing-Something – 'achieved' *after* jumping among states of opposing/contradictory experiential identity, are non-solutions, non-evolutionary; they offer no new conditions for future generations or the world, as they are entirely cyclical recurring, repetitive, psychological only processes.

Mere claims *which solve no formal problems*, does not qualify as philosophy. They are merely kinds of metaphorical cosmology or mythos, comically enough in this case completely aligned with hyper rationalist materialism with just a few doses of self-image psychology & poetry sprinkled on top.

Philosophically speaking, a *Temporary Evolution*, movement out of nothingness into somethingness and then back into nothingness, obviously doesn't describe any *real* evolution, but rather just a cyclicity, which is the very essence of traditional interpretation of Hindu Mythos and Buddha Dharma cosmology.

Consider here also the theories of the Yugas - the cycles of various ages or eras, which repeat endlessly in predictable order, never to be altered or escaped by any durable evolutionary spiraling to ever higher states of formal perfection and approximate permanence.

Anand's Dharma clearly rejects the archaic Hindu & Buddhist *interpretations* of classical texts *insofar they conclude in doctrines of mere cyclicity & reductionism* - as they predominantly have done to date. And it is in the profound principle of *continuous and never-ending evolution*, that Anand's implied metaphysics depart from and point beyond mere tradition of *cyclical* Buddhist & Hindu Dharma.

In pursuit of *actual continuous* evolution of both *consciousness and form*, Anand adds contemporary social action to classical yoga routines.

Moving *in the world, altering it* by engaging students in Dharma Experience - the practice of being *anchored in THE GAP* while doing practical and social activities - is a movement *out of the cave, monastery, yoga-den* into culture & nature *for the sake of both individual & collective evolution into an ever more evolving, egalitarian & inclusive culture & consciousness*, fueled by an awareness beyond time, yet serving the progress of every consciousness in time, and this evolutionary movement and expansion of consciousness is an open and spiraling trajectory (not cycles ending in nothing).

THIS Noble Path - of continuous & infinite evolution - is, with all due respect to the schools who came before it, on which it builds & springs, a new, endless perspective, a higher vision, which has in it the capacity to motivate everyone who contemplates it to expand awareness and contribute - calmly, in detached being, to solving the numerous problems facing the human species without melodrama & polarization, with the effectivity brought to the fore by detached facing, observing doing, creating in/from/with a continuous understanding of COMPLEMENTARITY: inclusive, non-competitive, co-operative, with great peace presence & humanity anchored in transcendence.

IN THIS Complementarity-Dharma Evolution Practice -

classical Dharma ethos, mythos and parable - evolves from art, metaphor, symbol and religion to become philosophy: methods to evolve new forms - dynamic, pragmatic, productive and ethical.

Ethics is the highest stage of human evolution (not aesthetics/religion).

The ethical challenges facing humanity must be solved, if we are to change direction, from zero-sum primitive gaming/competition & mutual destruction, to cooperation and shared evolution.

Disruption, then, is an opportunity, not for individual glorification via personal/group material enrichment, but *collective material and spiritual emancipation & collective upward mobility*.

The material-spiritual *simultaneous* awareness/consciousness being *and* problem-solving mode of operation is

new focus – a **pragmatic** transcendentalism, which replaces the extreme polarity between hard-core competitive materialism & **radical** transcendentalism.

As we can now see here - the rigid, narrow categories are coming down - being de-constructed - and, as with all things which crumble - they do so because they are no longer sustainable, nor serve the entire eco-system of planet Earth and human existence to continue to evolve.

Discontinuity, then, in this enlightened perspective, is just a moment of re-perspectivation, re-evaluation, re-forming values, goals, tactics and strategies.

The cognitive, emancipatory identification is with the dynamic principle - not with any expression or any form, subject to change & evolution.

MANTRA: I Am Not My Expressions, My Functions, Performances, Roles.
I Am The Essence, The Source Of Expression

ALLOWING: voluntarily of individual nodes of traditional orientation -
alongside - co-existing with - nodes of transformative orientation -

SOLUTION: each in their domain -

i.e. do not submit all to any one *modus operandi*

nor claim universality of any one ideology - NO MONO-NODE ELEVATION

MULTI NODE MULTI DOMAIN MULTI POLARITY ARE THE TERMS OF EVOLUTION.

REDUCTIONIST ADVAITA is good for practicing detachment, that's it -
it is no good for evolution / it is non-evolutionary.

Integrating all the limbs of yoga, Anand's Dharma incorporates Tantra and Siddha Dharma with western rationalism, indeed quite logically so, since these diverse cultural systems of thought do share attitudes of

realism: a detached yet engaged will to simultaneously appreciate the world as it is, and - cultivate, educate & improve it, for all beings.

LOS ANGELES 2020 Henrik Yde

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THE BUDDHA & THE ROAD TO DHARMA

THE EIGHT FOLD PATH RELATING TO THE SERIES AND ANAND'S TEACHINGS

BY HENRIK YDE