

DAY ONE

“The truth is not always beautiful, nor beautiful words the truth.”

~ Lao-tzu, Tao Te Ching

THE FIVE HINDRANCES

- Sensual Desires** - wanting pleasure over pain
- Ill Will/Aversion** - making enemies within
- Dullness/Heaviness** - hardness of heart
- Restlessness** - always wanting
- Skeptical Doubt** - lacking objectivity to realize

UNWILLINGNESS TO MATURE

**WILLFULNESS BASED IN THE OBSTINATE ATTITUDE OF
PRIDE - WE ARE EMOTIONALITY**

**OBSTINACY IS THE PRODUCT OF AN INORDINATE MIND
THAT IS PREJUDICE AND FIGHTING AGAINST A HIDDEN
OR KNOWN “ENEMY.”**

OUR ENEMIES:

- FAMILY,
- DIFFICULT PAST
- DEEP SHAME THAT WE CANNOT IDENTIFY DUE TO
EMOTIONS OF INFERIORITY



Even a good thing isn't
as good as no thing.



INSULT

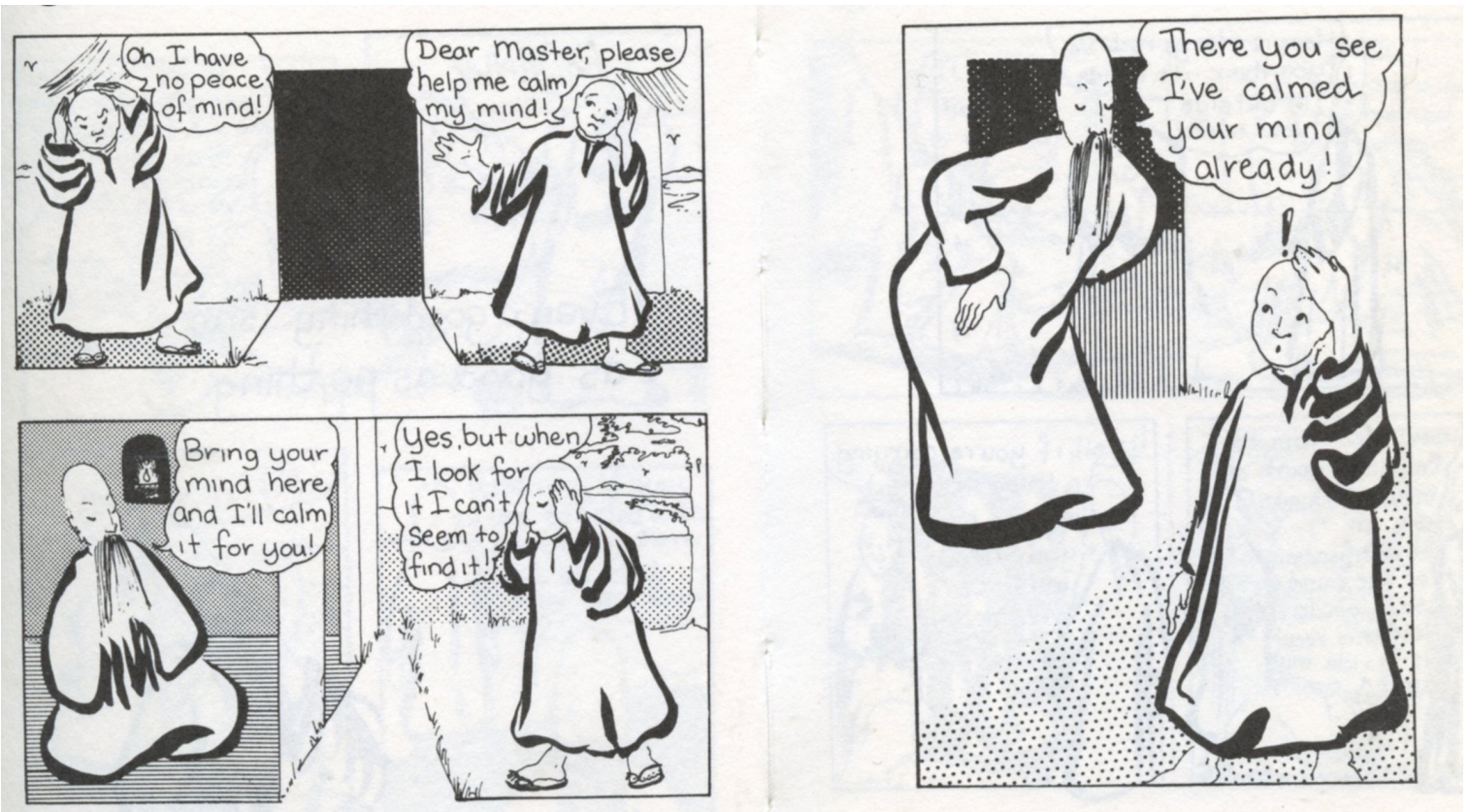
- THERE IS NO POSSIBLE WAY TO MATURE OUT OF OBSTINACY WITHOUT BEING INSULTED.
- OUR WHOLE EMOTIONAL SYSTEM IS BASED IN TRYING TO CHANGE THE STATE OF OUR EMOTIONS THAT OUR BODIES
- TO US.
- THIS IS ALL ABOUT SELF-PRESERVATION.

SEEKING TO BE SMART

- Being “smart” requires the prejudice of logic & reasoning.
- The mind will spin and toil over alibis that have nothing to do with the truth of any given subject.

WISDOM

- Wisdom occurs without thoughts, without a mind.
- Learning how not to think just to preserve the ego...
- THE HUMAN HEART.



The Mind Moving

- What we see, what we think is not what is actually happening.
- Our minds are about the state of our emotions.
- Our cognitive mind creates thoughts that belong to our senses.

In Meditation

We no longer trust what the mind tells us.

We simply observe without prejudice.

There is no cognitive impairment in a no-mind.

No-mind

A mind no longer in conflict with itself.

To become realized.

Realized = no longer controlled by emotions.



Detachment:
THE STATE OF BEING OBJECTIVE

The practice of objectivity

- To allow the mind to rest in no-thingness
- There does not need to be a “thing” in our minds.
- This means, once again, no emotional connection to self-preservation.



DAY TWO

SELF REALIZATION

LEARNING HOW TO WANT “NO-THING”

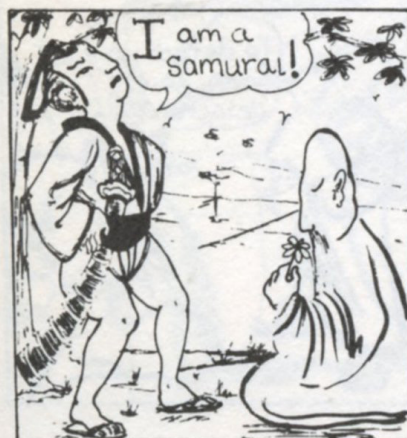
- This means we no longer fight for our thoughts and seem to make them real.
- A great portion of our mind's energies is used making delusions that appeal to the **STATE** and **QUALITY** of our genetics.
- Emotions play a huge role in all of this.

DISCOVERING OUR GENETIC HERITAGE

- This means what is the genetic impulses we have the make self-preservation more important than our Life.
- To **UNDERSTAND** where the body comes from is one thing - to **REALIZE** where our **BEING** simply exists is another.

HOW TO

- Must be willing to distance ourselves from pleasures that gratify our emotions.
- No longer looking for **RIGHT** no longer trying to be what our genetics purport.
- No longer trying to convince others or ourselves of what we believe we are.

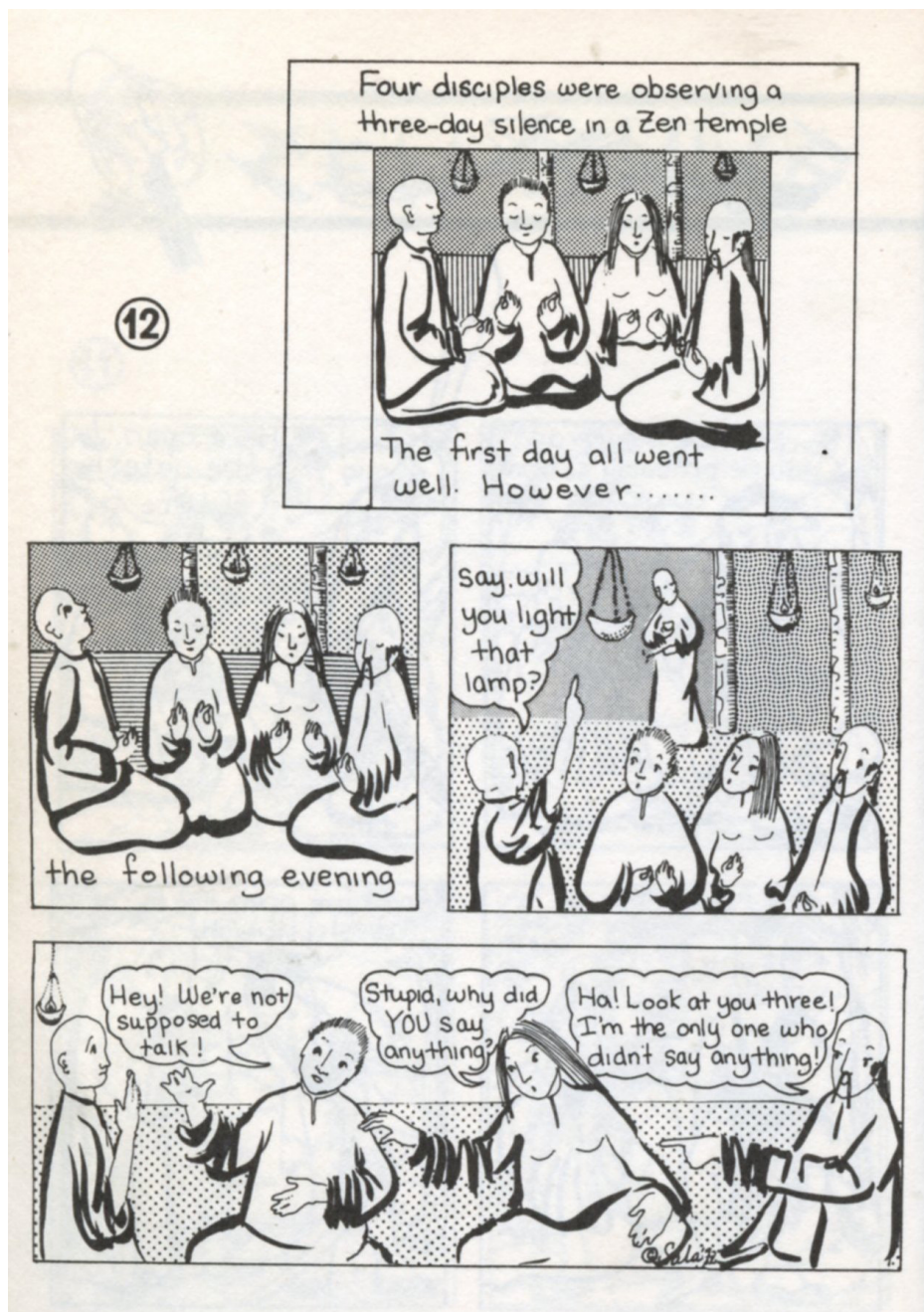


LEARNING TO FOCUS

Understanding our fragile mind and its constant need to fulfill emotional obsessions.

EMOTIONAL OBSESSIONS

- Righteousness
- **WANTING ADORATIONS**
- Making our place with people. How we seek to be “above” others or “better than.”



DAY THREE

So, What?

- **All of our thoughts are the same ITERATIONS**
- **Typically selfish, typically self-centered.**
- **Our minds are serving the repetitions of emotions that do nothing but establish a mind-set and NOT CONSCIOUSNESS.**

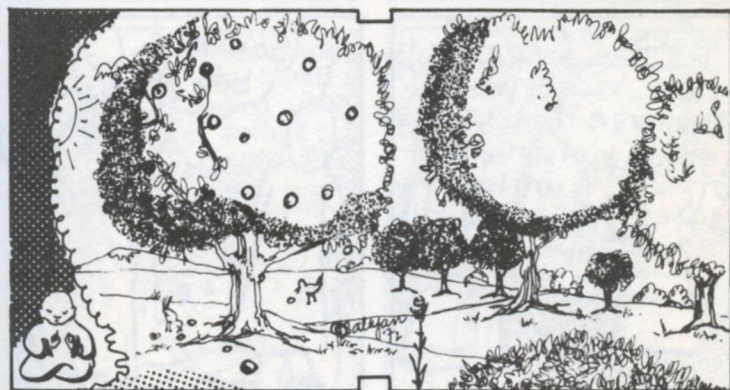
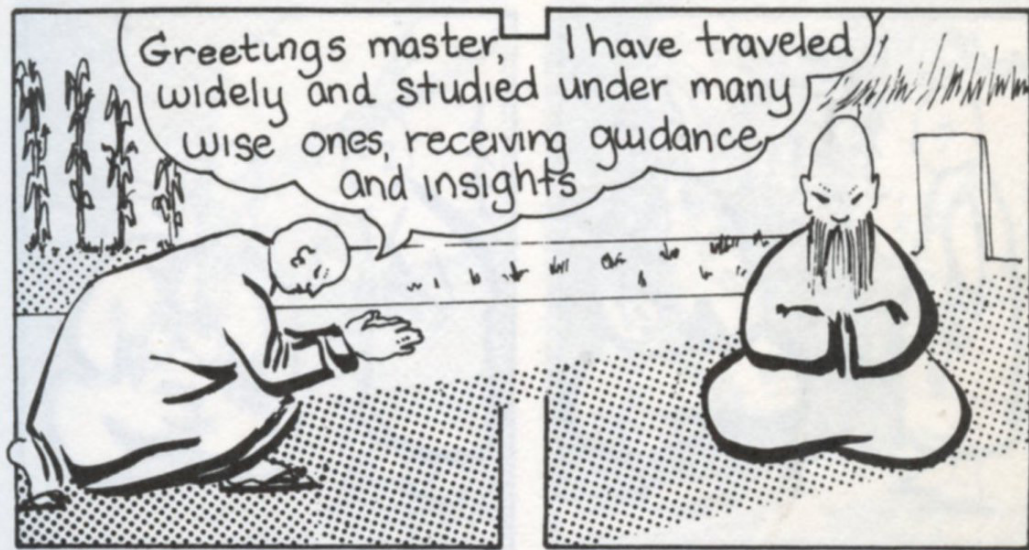
The Koan

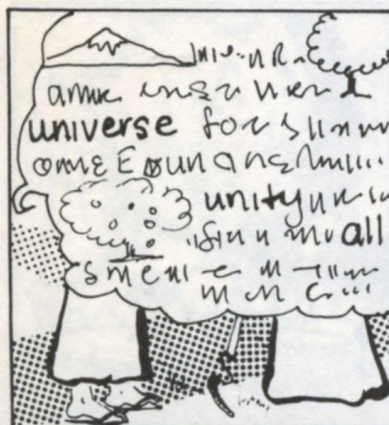
- **Koans are used to break up mental fragility.**
- **The Tones are fluid Koans.**
- **Let the tones replace THOUGHTS.**
- **Learn how to have no beginning to thoughts and no conclusions.**

Live with nothing is as it seems.

JUST OBSERVE RATHER THAN BE OBSESSED.

There is a vast difference between a thought from logic and reasoning...and that of IMPRESSION.





Nothing is left
for you at
this moment
but to laugh.



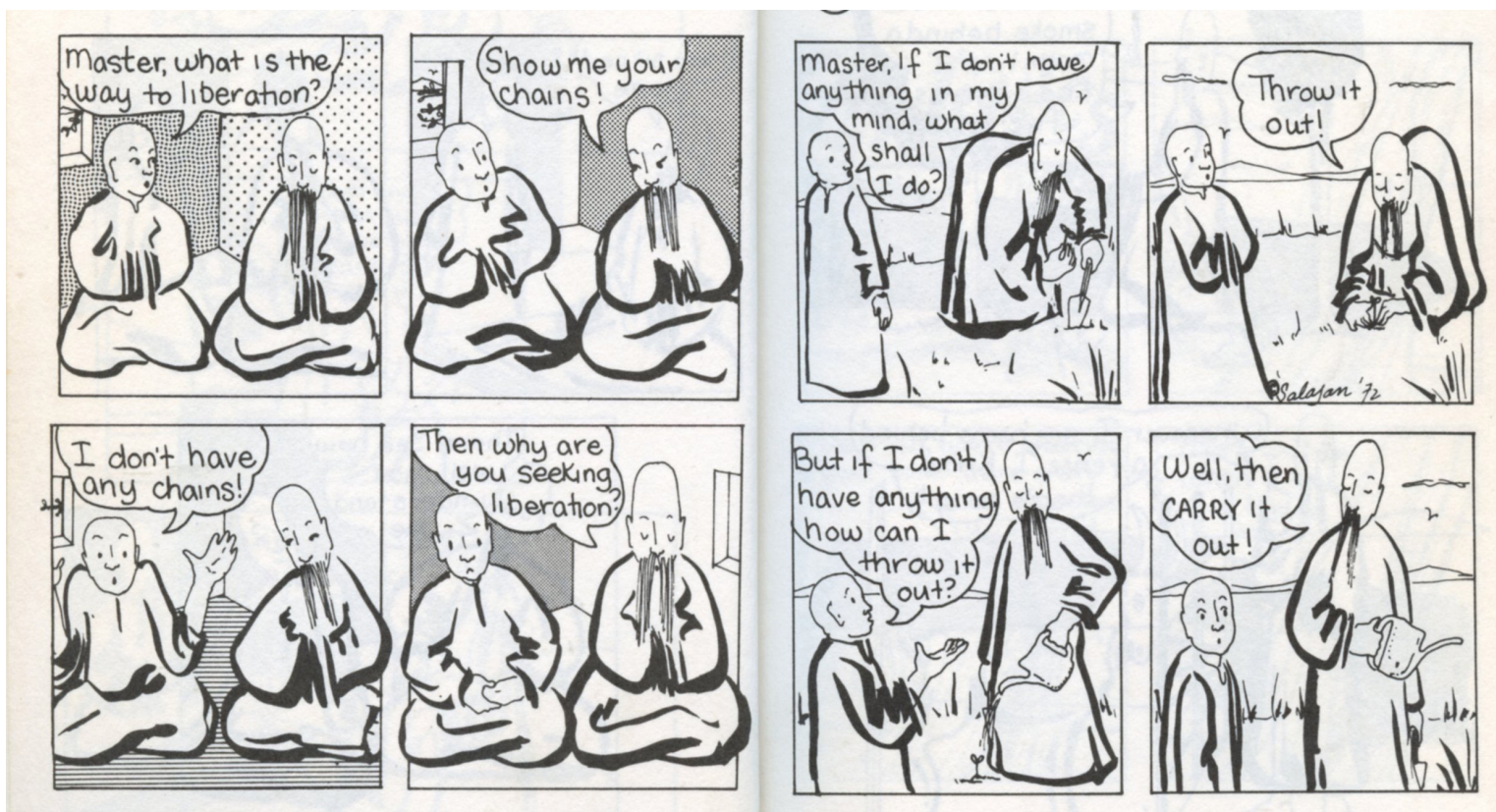
DAY FOUR

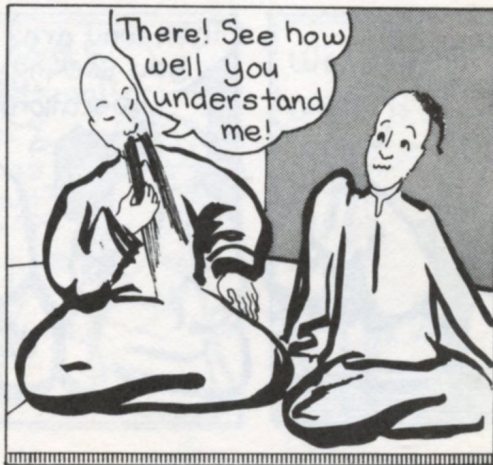
LEARNING NOT TO ARGUE

- Do not pit one thought against another.
- Maintain **OBSERVATION** and do not try to interpret any event.
- Instead, listen to the still small voice of the mystical.
- This voice has no beginnings nor any ending.
- It will reveal what is most necessary in any given moment.

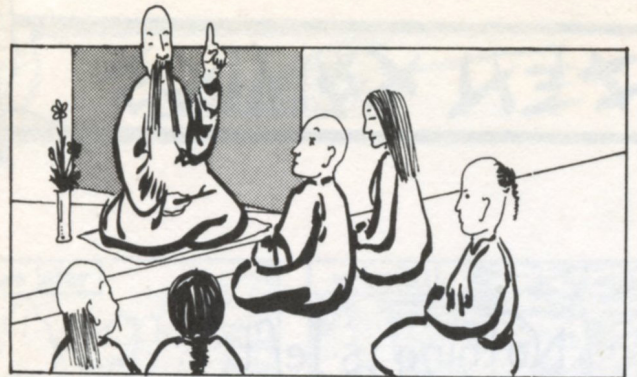
LEARN TO FOLLOW WHAT SEEMS SO ILLOGICAL

- Do not fight the **INSIGHT**
- Do not reject the impression
- Just follow the manner of the **Way**





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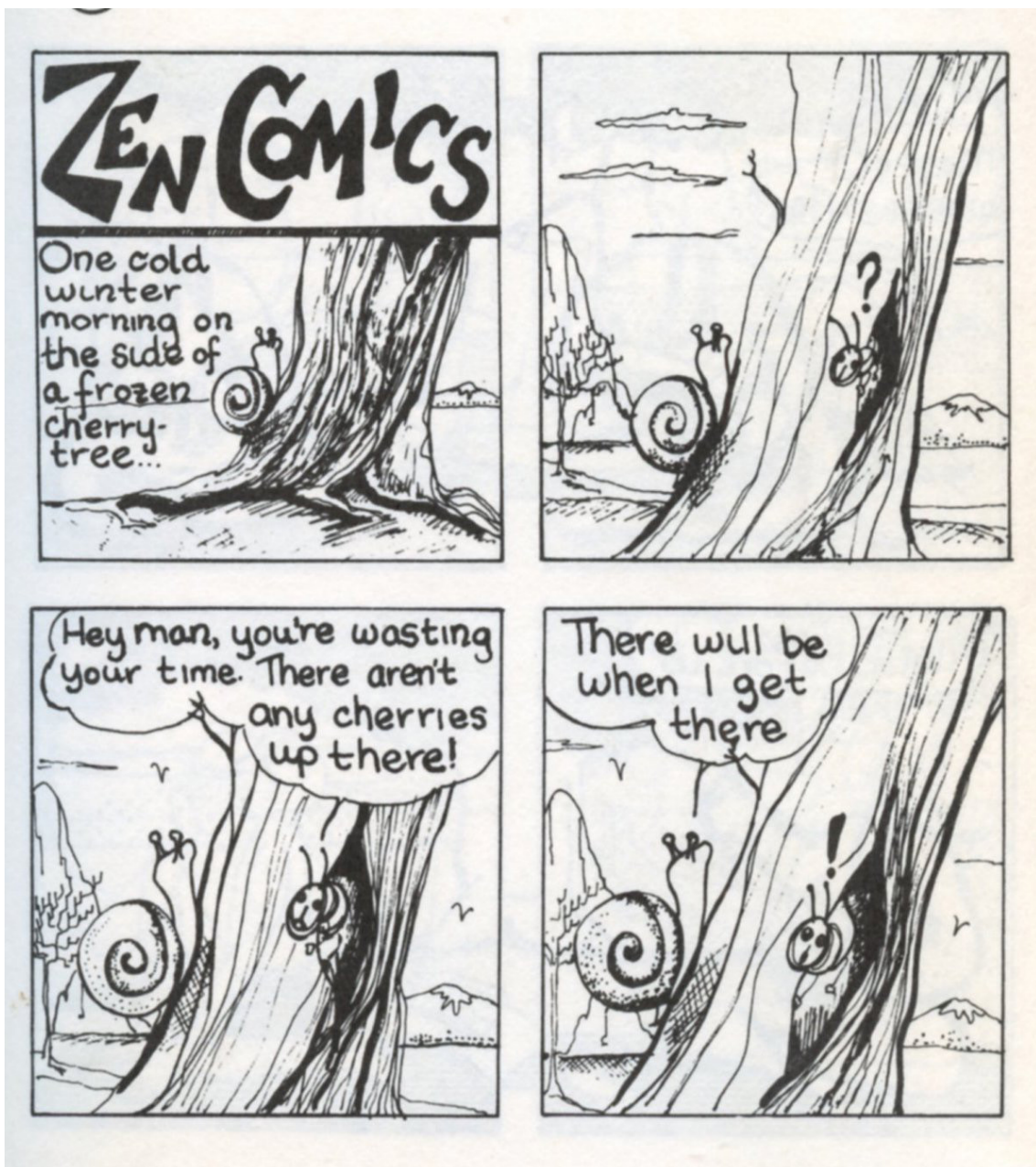


Patience

Everything happens in its own manner.
Some events are immediate. Some are not.

Give everything **SPACE**.
Touch everything from the **HEART AND NOT DESIRE**.

AGAIN AND AGAIN REMEMBER:
WANT NOTHING WITH ALL OF YOUR HEART.

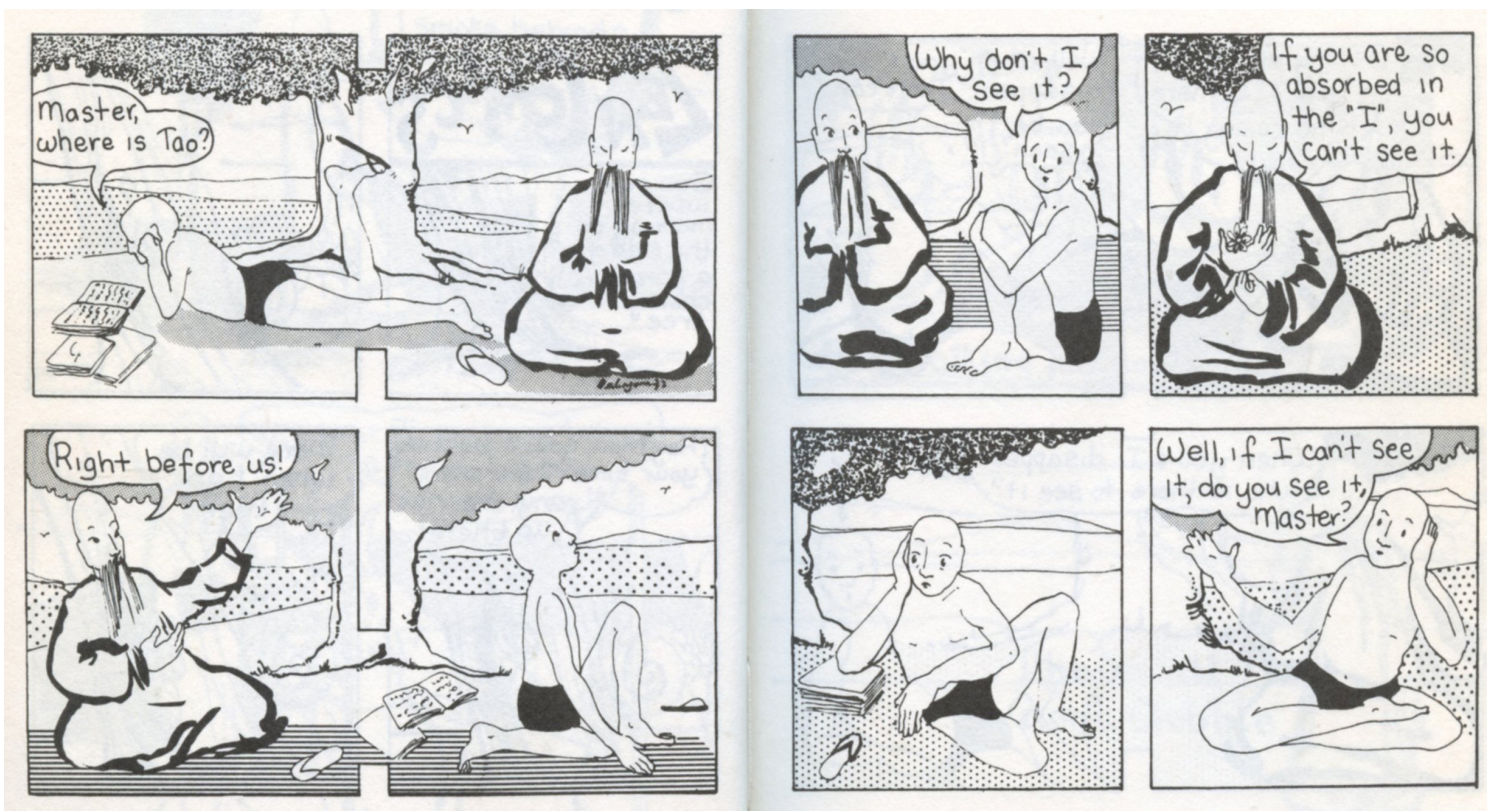


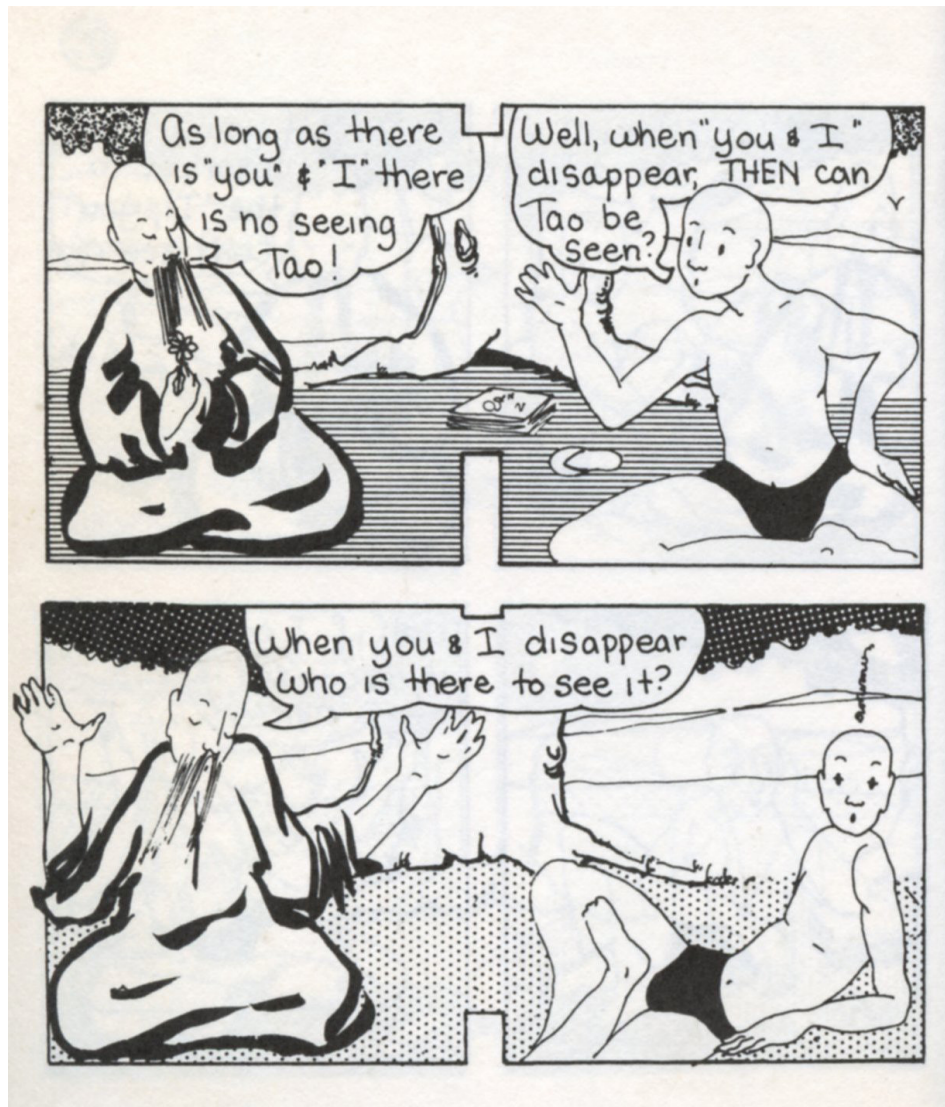
DAY FIVE

WHEN...

- **YOU ARE WILLING TO NO LONGER BE "YOU."**
- **WE ARE WILLING TO NO LONGER ACT FROM THE BRAIN.**
- **WE LIVE INTO LIFE RATHER THAN TO ESCAPE INTO PLEASURE.**
- **WE FIND THE MEANS TO THE END OF OURSELVES....WE AWAKEN.**

WHEN WE ARE NO LONGER THERE....THE ALL IS.





THERE IS NO MIND

THERE IS NO ME

THERE IS ONLY THAT WHICH "IS"

**DO NOT CREATE A MIND THAT PROJECTS PROBLEMS.
LIVE LOVED!**

