



# **Human Evolution**

Self Awareness Development Health and Happiness

Plus special index – Dictionary of Life

Written by  
*Forest Forever-Wisdom*



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## **The True Perfect Eternal Happiness**

Pleasure, being happy, happiness and joy are different levels of satisfaction.

Pleasure is the excitement of the senses; a lot of pleasure forms the feeling of being happy.

In Chinese happy is defined as fast pleasure, it comes quickly and disappears quickly. Normally this fast pleasure is related to the sense of desire. The desire to eat, to have sex (to reproduce), to play, to own materials, even to control others.

This happy feeling is normally combined with a lot of hard work, and there is a negative side. If you have the desire to possess something or someone, you may be afraid that you will not get it or once you have got it you may be afraid it will not last long or that you may lose it.

Even further, if you see other people own something or someone you don't have, which you would like to have, it may cause the negative feeling of jealousy or hatred. In fact a lot of fighting and wars have come from the greed and possessiveness of all kinds of pleasure. But if we can control our consciousness to not be lost from greed and hate it is still alright to enjoy fast pleasure.

Happiness is a deeper feeling which most of the time is connected to emotions. When we feel there are many people who love us sincerely, or who are proud of us or even just one person loves us the way we are, we already feel happiness. In Chinese, when a person has a lot of happiness from material security and positive emotional support, is called lucky karma.

All of this is not the spiritual idea of happiness, because all of the above are not eternal, by quality it is not perfect and they will always end with a sense of dissatisfaction (never enough).

Desire is a black hole it doesn't matter how lucky we are, one day we all have to die and we will have to lose everything. So everything we own almost becomes like an illusion – not truthful. In fact the more we own, the more difficult it will be to cope with the loss of. It is easier for a beggar to die, he has not much to lose, but for a king, death is much more daunting, because he must suddenly face the extreme change from owning an entire kingdom, to losing everything.

Spiritual kind of happiness has to be truthful, perfect and eternal. Once we are able to reach this level it forms an incredible complete satisfied feeling, so deep and so valuable it will last for the entire lifetime, and so powerful that it will even be able to form a memory to last for many more lifetimes. That is the joy of spiritual force, in Zen Buddhism they call it enlightenment, in the original Buddhism they call it Nirvana and Buddha is the one who has reached this awareness in the highest level.

After reaching nirvana he said, **every life form can become Buddha and every life can reach True Perfect Eternal Happiness.** When someone is lost on their way to a holiday paradise, he needs the correct map and the knowledge of his position, then all he has to do is follow the right direction using the right kind of transportation or tools to get there.

Buddhism is this correct information and tool. True Buddhism is not a religion, Buddha said blind belief is a cause of suffering, he disagreed with people trying to blindly believe anything, he welcomed everyone to come and question him until they reached no doubt and true understanding.

Therefore Buddhism is the philosophy which understands the truth of life. That is why there is no need to believe, because you can directly understand it from any angle by learning and practicing. In the future classes we will continue talk about the different awareness of life to help you be aware of your own position and the system for reaching

the True Perfect Eternal Happiness Spirits – Meditation and how to develop wisdom and compassion.

## **Emotions**

Emotion comes from our awareness of the feeling of being in a relationship with the changes of our life situation (the individual causation at the moment of birth and the rest of the life). Emotion is being aware of the self in relation to the surroundings. These feelings are constantly changing because the life situation constantly changes. However, the power to be aware of these feelings remains constant, so there is always emotion but it is always changing.

The feeling evolves as the present situation changes. This evolution creates a habit of understanding the current feeling and an individual way of using the power. Every situation guides the evolution, while adding to the understanding for the future, whether it is in a positive, negative or spiritual direction. Therefore no two emotions are exactly the same, even though all emotions can be classified.

Basically emotions come from 2 different types of awareness, emotions from a limited awareness of the temporary life situation. For example, Society – Personal possessive relationships coming from ego

The other type can be categorized into emotions from a complete awareness of the temporary life situation, and then growing from the eternal spiritual heart – Open heart relationships coming from a spiritual will.

Being lost by the life situation and building relationships based on being lost will eventually always cause suffering, because the life situation is only temporary, anything which is built based on that will end as well. The personal need to possess a relationship will either remain as dissatisfaction in the form of loneliness or become the fear of losing that relationship in the form of jealousy. Therefore this type of interaction will have

negative emotion involved; the negative emotion is a form of suffering. Building relationships based on society creates the causation to be continually suffering.

When we are aware of the temporary nature of life, there is no need to create personal possessive relationships. This is because the understanding that all things are actually a combination of each other means that the trick of personal need is not taken too seriously. Any type of relationship built by this will not go against the idea that all things are temporary so it will be free to change with the change of life and there will be no fear of loss. However there still will be the trick of loneliness unless the understanding of nature is deep enough to release the trick of individuality and then the unity of all life can be observed.

Building relationships based on the awareness of the nature of life creates the causation to not be limited by an individual life situation. It is the way to be free to enjoy it but not have the suffering.

Depending on the type of emotions developed during the life, the life situation for the future is created. Therefore developing awareness of the temporary nature of the life situation is the way to create a life without suffering.

### **Different levels of emotion and love**

**Master** “Do you think you know what nature is?”

**Student** “Let me think hmm... Something not artificial”

**Master** “But it’s also humans natural ability to create artificial”

**Student** “Aah that’s right so the power to create artificial is natural, that’s funny... I definitely know what nature is, just let me think...” Still silent

**Master** “And what is nature? Are you nature?”

**Student** “I guess if trees, clouds, stones, rivers and animals are all nature I am nature too”

**Master** “Great! So you must know what nature is, why does it take you so long to figure it out?”

**Student** “So we are all nature, oh I know, nature is the system of the universe”

**Master** “Okay then what is the system of the universe”

**Student** “Aah that would be nature”

**Master** “A is B and B is A, but nobody knows what A or B is”

**Student** “Okay I don’t know what nature is, there are always mistakes in what I say so I’d better keep my mouth shut!”

**Master** “It’s a compliment me asking you this question, that means that you have an interest to think about what life is. In life we not only learn what is right, most of the time we are learning what is wrong first, most people are so lost in their own narrow ego perspective, if I asked that what’s nature they would think that I am crazy, not like you. You are truly curious to think about it”

**Student** “Oh that’s right most people think of course they know what is nature, it’s almost like they know the English word ‘the’ oh wait actually maybe I don’t even know what is ‘the’ Oh I do know the is like this or that, wait A is like B and C but nobody what A,B and C are”

**Master** “Great you improve you can kick your own ass now, the according to English function means a certain definition or uncertain definition, for example the people, we know which group but we don’t know the precise detail about anyone in this group”

**Student** “I wonder do most native English speakers know what is ‘the’”

**Master** As well you can doubt most people does not know what natures is, even though every life is nature, it’s almost like a fish is born in water but never knows what is water.

**Student** “Then Master what is nature”

**Master** “I know many ways to talk about what is nature, probably a hundred, for example first one Nature is the power of changing, and do you know which nature is not changing?”

**Student** “So the power of changing is the system of universe”

**Master** “I know you have a doubt I know at least one hundred ways to explain what nature is, do you want to know the second one or give it a try yourself”

**Student** “I think if you tell me directly it would be the fastest way to know”

**Master** “Look at the ants on the ground they are doing a natural thing searching for food to bring back to the nest. What they are doing comes from the awareness ability which



they have already developed, so whatever awareness we have already developed is our nature, and continually your nature is not interested to care about the ants nature, so we naturally only care about other lives nature as something to do with our awareness, and whatever we are aware of eventually will become a habit and after that we will be stuck in that nature. So lost in habit is nature. For some wise ones who are aware not all the habit is good they will be able to break the bad habits, so breaking the bad habits is a wise nature. Nature is the power of changing and anything changing is related to a combination of other changing, so changing from others is nature, that's why we grow up with sharing materials, emotions and thoughts in fact even plastic is nature because if it's not nature it would not even appear so everything that appears is nature...

**Student** "Wow I thought you say one hundred just means that you know some but it seems that you can non stop explain different definitions of nature"

**Master** "Do you know what is emotion and love?"

**Student** "I know I can think of something or believe I know but some how I feel they are wrong before I even think of it"

**Master** "To discover what is wrong which you think is right that is one kind of wisdom. Lets start love and emotion, love is one type of emotion, but emotion is not necessary equal to love"

#### **4 Steps to Intuition Ability**

1. **True Observing-** Absorbing Information, Listening, Questioning and Organizing (until reaching No.2)
2. **True Trust-** Totally understanding all the information with no doubt or questions any more
3. **True Following-** Using discipline to practice the wisdom (of No. 2)
4. **True Wisdom Ability-** When practice has become complete and automatic through intuition as a natural habit

## **Opening rhythm**

If past lives exist, and a person could remember all the past lives including their knowledge and talents. In this life time, they'd be even more capable as a child than adults who had been developing their talents or knowledge for many decades as a professional.

Mozart is an example of this; According to his legend when he was 4 years old, he was already able to play 7 different musical instruments perfectly, like someone who was already a professional musician for a long period of time. Even more amazing is that at his young age he could already write compositions which are impossible for musicians even today, to play or understand.

Mozart was born with his talents, but what if through a special kind of training; the development of the brain cells could be increased. Scientific research has shown that regular human's only use about 6% of their brain and anything over that is already considered genius, so 94% of the brain cells aren't used – what a waist.

This special brain development training is a hypothesis, but when it is possible to become reality, it will change the history of humans and influence every life. Can you think of anyone who wouldn't want to live like a super genius, with the ability to easily develop in any way in an always exciting life?

The story of this book basically has nothing to do with religion but because it talks about past lives, we will have to mention the subject of "reincarnation".

Reincarnation simply talks about the spirit which is hiding inside of our physical life. (Regularly it is called soul) and is able to connect to conception a new born baby.

Most modern people's impression is that this explanation of reincarnation comes from Buddhism, but truly before Buddhism was created Hinduism already had the theory of reincarnation for more then 1000 years. But the views of reincarnation from these two are totally different.

Hinduism believes that the system of the souls reincarnating is fixed. According to this religion if you're last lifetime was a king, all of your past and future lifetimes will be as a king, and if you're born a slave you will eternally reincarnate as a slave.

Christianity and all other religions also believe in the idea of a soul, and that is why after death we are able to go to heaven or fall into hell.

Buddhism agrees that reincarnation truly exists, but its idea of reincarnation has two main points which are different from the above.

One difference is that the result of reincarnation is not fixed. In every life our intention, behavior and lifestyle influence the life situation of the next lifetime. So a king can become a slave, a beggar can also become a king, or become an animal like a pig, dog, cow, horse, even as a ghost...

The other different point is that Buddhism disagrees that the soul is the main subject for reincarnation; it explains soul is just a temporary situation when the spirits are away from a body and live with a certain transient energy.

The true reincarnation subject, according to Buddhism, is the spirits which connect to the soul, called spiritual consciousness.

If our spiritual consciousness can be released from the limitation of our soul and physique, and break away from reincarnation, our true spirits will be able to reach nirvana, which means unlimited eternal happiness and freedom.

Are you ready to know how to see your past lives? Welcome to the secret force of life.

## Habit

Earth creatures all live with different kinds of “habits”. Where do these habits come from?

It comes from original blindness desire – desire to sense the self existing and continue to exist. These two basic desires are joined together as what we call survival desire.

Original, means all desires are developed by this basic survival desire, it is the seed and foundation of all desire.

Blindness means the desire has no definite eternal meaning.

“Exist” Why exist. If just exist without understanding the final meaning of existence, it is so called meaning blindness.

Blindness has more content, it means not able to definitely control the entire unlimited changing phenomenon. When all the appearing phenomenon control our spirits and makes our heart feel not free it is called phenomenal blindness.

The definition of phenomenon means our surroundings the physical body we live within and all the interactions.

How to control the entire unlimited changing phenomenon means how to use and develop our capability. Not able to definitely know how much capability is in us and how to develop it is called potential ability blindness.

Not knowing how to break meaning, phenomenal and potential ability, and 3 blindness habit is the idea of habitual blindness.

As humans we live in habit blindness like a blind person living in a poor situation, everything is double inconvenience, worry and suffering. Simply to say our blindness habit is our limitation.

This blindness habit can be divided into 5 steps. Starting with unclear feeling (Hidden consciousness), slowly becoming strong and more precise awareness (intention), step by step becomes a clear idea (thought) which we can speak or write (language) and then show it in our outward appearance (action).

The first 2 steps belong to our inner habit the third and fourth step which is for analyzing, recording and communicating can be inward or outward habits. The last stage is outward habit.

To change this 5 stage habit into 6 spiritual Budhisatva characters and 4 Buddha eternal hearts will make the blindness habit disappear and become completely spiritual awareness habit. We will be able to develop compassion and wisdom perfectly away from all the suffering.

## **6 God free abilities**

Inside a glasshouse there is a flower garden with hundreds of different flowers blooming, there are 3 different life forms; a dog, a human and a bee. But how they see this garden will be different. The dog will only see black and white, the human will be able to see many different colors but the bee will see thousands of different colors. The flower garden did not change, they are all in the same flower garden, but the dog, human and bee all have a different ability to see. It is like a black and white camera, regular color camera, or an x-ray camera, they are all taking a picture of the same object but each will come out with a different photo. Different receiving ability makes different life forms see a different view of life.

When life forms reach high consciousness ability, they will be able to develop 6 god free abilities.

### 1<sup>st</sup> ability

1. 5 step seeing ability, which is material eyes, like the eyes human have. We can see materials and colors.
2. Energy sky eyes, the third eye positioned in between the eyes, which is able to see how the energy builds up the materials, because all of the materials are built up by atoms, which are pure energy.
3. Dharma eyes, is the ability to see how the system of energy, the solar systems, galaxies and universe, form.
4. Empty essence wise eyes, this eyes is hiding inside our deep sub consciousness, once it is open we will be able to see the essence of all the materials and energy, which is a mysterious and pure force, so pure as if there is no form.

5. Unlimited Buddha eyes, which is when the abilities from 1 to 4 are developed at the same time.

## **Health**

### **What is health?**

In our normal thoughts being sick is unhealthy. We are only aware of health when we don't have it, usually that's too late. Through sickness seeing the value of health is definitely not the best way to take care of our health.

From a Doctor's point of view when our body works 'properly' without any problems this is already health.

From Psychiatrists point of view when our mentality or Psychology has the potential to cause depression or worry even to the point of suicide is one kind of sickness. So to them health refers to more than just the concrete, physical problems.

In larger developed cities such as New York, Zurich and Tokyo many people try to hide their depression and pretend they are happy with their social life. They would never consider themselves as sick. That's why these cities have the highest suicide rates. Abstract mental or psychological problems can cause suffering or damage to life sometimes could be even more than physical.

Many religions even think if people don't believe in god, that they're soul is sick. But for those people who don't believe in religious ideas, blindly believing something, you can't even know is true, in their mind is sick.

Taoism has a Philosophical definition of health which is: to be in harmony with nature.



Nature here doesn't just refer to the trees, clouds, the wind and oceans... It includes our physical body and our energy.

The Taoists describe how everything in the universe has two opposing forces, Yin and Yang. Balancing these two forces is health. Each person has Yin and Yang energy with the Yin and Yang physical strength

For example when our muscles can develop hardness and strength but also be supple and agile, this is a kind of physical balance.

Another example is able to move our body fast and exciting or slow and relaxed. This is a balance of using energy.

Remaining balanced inwardly-to ourselves-and outwardly-to those around us (surrounding and life forms). So according to Taoism having this ability is healthy. Not having this ability is the cause of sickness.

Buddhism's idea is basically the same as Taoism but it goes further- To have the ability to help other people to build the strength to remain harmonious to everything. So compassion and wisdom is healthy. Ego and selfishness is unhealthy.

The definition of Ego and Selfish is having a Greedy, Hate filled, and Stupid habit. A person like this will cause all types of suffering to themselves and others.

The definition of Compassion and Wisdom is Buddhism's '4 Eternal Hearts':

- Kindness without Ego
- Caring without Personal Emotion
- Joy without Stupidity
- Freedom without greed

This type of person will be able to release suffering from themselves and others, and also create happiness for all life being; which is the highest standard of health.

Another way how Buddhism defines health is being able to follow good habits. Addicted to bad habits is unhealthy.

What is good and bad habit?

Habit can be defined in 3 categories; intention, language and actions.

Good intention is good habit and good intention comes from thinking wisely. So good intention but stupid ideas is a bad habit, and of course greedy, hateful and stupid intentions are definitely bad habits.

Language habit here refers to; lying and honesty, speaking rudely or friendly, obviously we all know which ones are good and bad habits, but the problem is we are the best liars to ourselves. Sometimes we think we are honest to others but in fact deeply we even know we were lying to ourselves about it and search for even more lies to pretend we are honest.

Action habit or our behavior has the result of bringing happiness or releasing suffering to ourselves or others without negative affects, is good habit. For example buying a lot of expensive good wine for an alcoholic certainly is not a good action. So any kind of blind action habit with negative affects or results is bad action habit.

As the author I would say willing to take care of your health is the basic of health and different people have different levels of health requirements. So welcome to your journey of enjoying developing health awareness, may this book help you find some surprise health care wisdom to suit your personal needs. Hopefully this book will help you find more happiness within yourself.

## **Drunk**

Why shouldn't I get drunk?

Alcohol is toxic. In large doses it damages the organs, specifically the liver and kidneys.

Although in small doses alcohol is not a dangerous poison to the body, it still however reinforces the habit to waste time – chasing fast pleasure, which will eventually cause a lazy meaningless lifestyle.

In many situations getting drunk appears to lighten a mood or increase social interaction but the main way it does this is by numbing the nerves and emotion. This creates an illusion of happiness, but actually it is a delusion of suffering by destroying the awareness of unhappiness or discomfort.

The appearance of increased self confidence is just a result of brain cells being destroyed, so the self calculation or criticism from thinking is stopped. Basic desire instincts and impulses take control of the body. With this a person's ability to be aware of their environment through their body is disabled.

The basic of a spiritual lifestyle based on Buddhism or Taoism is health. The beginning of health is a healthy strong body. A healthy strong body is the result of an active meaningful lifestyle. But a spiritual lifestyle will result in even more than just a healthy body. The strongest result is a deep satisfaction from trusting yourself and that you are in control of your life, and you then use that control to create a free life.

Any time I decide to get drunk I'm creating distrust for myself. 1 My self control 2. My own intention. This distrust will lead me to create bad karma and remain stuck in reincarnation. Because first of all if I don't trust my self control, I won't use it so I will be unable to use wisdom or even common sense to influence my life. As well if I don't trust my intention then I will never be a kind or truly happy person because I can never trust my intention is pure.

The true damage from getting drunk actually comes from following the desire to want to get drunk. Any desire to make you weak or vulnerable is not only stupid but shows a low sense of self value. Without any feeling of the true value of life it is impossible to create a truly valuable life.

A valuable life comes from having being highly aware and sensitive, all the training in Yoga, Tai Chi/Taoism and Buddhism is for being aware, getting drunk is making you unaware.

## **8 Levels of 1<sup>st</sup> Chakra Activity**

### **1-4 Reincarnation**

#### **Creative/Responsible-Reproduction/ Heterosexual**

**Male Preference**

**Group**

**Bisexual**

**Gay**

**Female Preference**

**Group**

**Bisexual**

**Lesbian**

#### **Destructive/Rebellious- Pedophilia, Necrophilia Etc.**

**5. Free Lane-** Free from Stereotypes of previous 4. Freedom is the principle. Free lane is the beginning of Spirituality and the beginning of no personal.

Free to change from case to case. Not being possessive. Free to share in a positive way

**6. Convenient Spiritual Influence-** Use the freedom (of No.5) to share with others and to teach them freedom. The principles here are freedom and caring.

**7. Tantra-** Includes involvement with Emptiness and Wisdom. When you are free through No. 5 so long you become empty. Wisdom is developed through sharing/caring. Tantra is a type of meditation as a key to open a mysterious spiritual ability. It has to have wisdom to have no personal and understand the truth of life is illusion so you will not be possessive towards anyone or anything. Because of that the concentration for this sexual activity will be pure and strong. So strong until it reaches unlimited pleasure experience which is the first type of Nirvana.

**8. Consciousness Direct Connection through spiritual Lights.** No more physical contact. Mainly only Buddha and Budhisatva can experience this. (This is the light from No. 1-5 Chakra's completely opened to No.6)

## **The Secret of Breathing**

We can possibly live for a few weeks without food; but we probably cannot survive for more than 3 days without water. For regular people 1 – 3 minutes without breathing will immediately cause death.

Our breathing system is the most important life supply for us. It is also our natural survival instinct to automatically breathe without thinking; but it is like a fish swimming in the ocean, it doesn't know what water is. We may all naturally know how to breathe, in fact we don't know much about the secret of breathing.

In scientific research report, insects like cockroaches and spiders can live for nearly 3 months in a vacuum without air. Once you release them, they will right away be able to breathe and act normally again.

In some deserts, there is one type of fish, during the dry season is able to shut down all of their life systems, and bury themselves deep underground, for more than half a year until the next rainy seasons comes.

In China there's a legend about a meditation master, who was able to release his consciousness away from his body to travel in the universe, and freeze his body like a stone statue, without breathing for a long period of time.

One time he told his students, he was going to do a long journey for a couple of months, and told his students "do not touch my body". After that through meditation breathing

techniques, his breathing and heart beat became milder until it totally stopped. Then again his consciousness went into a mysterious existence.

A couple of months later, his students started to believe he was dead, and planned to put him into a grave yard. While they were trying to bury him in the dirt all the students heard a strong knocking sound from inside of the coffin, for a moment they thought his ghosts was appearing, they all got scared and ran away.

Finally his oldest student decided to come back to check what happened. He pulled the nails up to open the coffin, and saw that his master was alive, angrily said to him “didn’t I tell you not to touch my body.”

In traditional Chinese martial arts or modern day opera singing they have to learn how to breathe, from the strength of the deep lower stomach, which Chinese people call duntien. Normally when people are healthy their breath comes from the entire chest diaphragm. But today because of work stress and overweight problems many people breathe from the upper chest, and their breaths are short, weak and not deep. Increasing our breaths to be deeper, powerful and relaxed, can create miracles to heal many different illnesses and improve the health faster.



## **Definition of ‘I’**

If you were to ask someone – Who are you? Most of the time they will answer with their name. This is their ‘Label I’, but because some of the label I’s are the same, a name is not enough to describe who they truly are. So their mind continues to explain more including their height, nationality, which is called ‘physical identity I’. Some might explain themselves as the child of someone, this can be defined as ‘relative I’. ‘I’ contains many different categories, however, to understand our ‘True I’; we have to see clearly from many different aspects. Yet basically, all the contents belong to these two types of ‘I’, ‘True I’ and ‘Illusion being I’.

‘True I’ is independent free will and cannot be created. Basically it’s our true consciousness - awareness ability, which is the power to be aware of what we see, hear, smell, taste, touch and think.

‘Illusion being I’ is basically everything we are aware of about ourselves. In this case, Illusion does not mean to not exist, just like a movie, illusion being can look real and sound real but truly is just an illusion. In addition, because everything is changing, constantly appearing and disappearing, it is illusion being. Being describes the non stop process.

All the illusion being can be divided into many different details:

## **Appearance I**

- **Biological I**, also called physical identity I, including fish, mosquitoes, energy gods any appearing life forms.

- **Label I** is the name we use to recognize our physical identity I.
  - **Outward I** (including all kinds of behavior)
  - **Relative I** is according to another life form. For example to a dog we could be the owner, and to our parents we are their children...
  - **Position I** is according to a situation. Could be your job or any position where you're doing some activity.
  - **Talent I** is only according to ability not situation or life form, but it also can connect to the relative I or position I. For example a musician has talent to play music and they may take it as a job or while their performing a show.
  - **Character I** is the way we show our facial expression attitude and our behavior.
  - **Habit I** is the old habits, current habits and future possible habits; they all could be good bad or neutral habits according to causation and karma.
- Inner I (our desire, emotion, mentality, intention, intuition and karma)
- **Desire I** is basically from the force of wanting to exist and continue to exist. Wanting to exist is basically only survival. There are many details about wanting to continually exist, for example wanting to exist greedily for material riches, famously, powerfully to manipulate and control other people, or even to kill other life forms, generally any want for our personal ego need is part of desire I.
  - **Emotion I** is the feeling of love or hate, like or dislike towards other objects, could be life forms, materials or situations.
  - **Mentality I** basically comes from the first two, desire and emotion I, it is more or less like a tool to help the first two I's reach what they want.
  - **Intuitive I** can be a blind belief or mixed with some truth or complete truth, it's an awareness ability passed on from past lifetimes which indirectly or directly influences our choices in this lifetime. When its blind belief there will not be any logic to explain it, by chance this belief can be right, but it's never really reliable. With some truth can be explained with an idea, but the logic isn't full proof so it will come back to blind belief. Complete truth is from a completely wise awareness ability, which is able to see completely all the logical angles to totally match the reality, without any blind belief.

- **Karma I** affects our destiny strongly but it still can be changed, if we grow enough wisdom we are able to influence the karmic force from a past lifetime which affects our destiny in this lifetime. In fact karma I controls our life the strongest, it is the force deep inside from our inner to passionately to push us to be who we are. A bad karma I brings a suffering life good karma brings us a happy easy life. Spiritual karma brings us the possibility to develop compassion and wisdom to reach eternal happiness and freedom.
- **Intention I** is different from intention, e.g. Intention I is like dirt it can grow any kind of plant. Intention is like the plants which the farmer chooses to grow. Basically intention I is the capability of our consciousness, there is no limit in it. Intention I can change from, good, bad or neutral intention.

**Spiritual I** is almost exactly the same as the above, except the intention function and principle are different.

The basic spiritual intention is to use wisdom to know the truth of life and be free to enjoy a happy life.

The function is to develop our 6 consciousness awareness higher and more sensitive towards the spiritual intention.

The final spiritual principle is having a wise free ability, to see through the trick of life, while sharing the spiritual force of the 4 Eternal Hearts, Kind, Care, Joy and Free with other spiritual consciousness.

# ***Dictionary of life***

*Fragments from 'Dictionary of Life' by Forest Forever-Wisdom*

## **Part 1.**

\*Consciousness – in the Western idea, brain is equalized to consciousness. In Buddhism, brain is only a sense connected to consciousness, just like eyes, ears, nose etc.

As the Buddhism definition, consciousness is the ability to be aware of everything (our own physical senses and the surroundings). This ability has six functions and exists without form.

### **The relationship between consciousness, body and space:**

<b>Consciousness</b>	<b>Body</b>	<b>Space</b>
Six Functions	Six Senses	Six Surroundings
1. Eyes consciousness, using	the eyes to sense	brightness and darkness
2. Ear consciousness, using	the ears to sense	sound and silence
3. Nose consciousness, using	the nose to sense	blockade and smell
4. Tongue consciousness, using	the tongue to sense	flavor and flavorless
5. Body consciousness, using	the body to sense	touch and separation
6. Brain consciousness, using	the brain to sense	knowing & unknowing

## **Part 2.**

\*Wisdom of intuition – intuition is the result of wisdom, like fruit is the result of flowers. When a consciousness has learned many philosophies and is able to follow and live with them, the ability of intuition will finally grow.

Intuition force is able to be directly aware of the truth beneath the surface, without thinking. The reason is the person who developed the intuition power, has developed thinking force perfectly.

For example, when somebody learns how to play tennis professionally, he would have to use thinking to know the rules in the game and the knowledge of the technique. But having assimilated them, the person would automatically play tennis correctly, without thinking.

\* True eternal spirits – in the same way that the essence of water is H<sub>2</sub>O, all life forms also have an essence. Spirits are the essence of life forms.

In Buddhism, our spirits are equal to our sub-consciousness. The idea of 'true eternal' doesn't mean consciousness exists eternally. It's required to be aware of something eternally in a true way. Basically, consciousness exists eternally, but what it is aware of, is limited by our ignorance. Once we break the limitation of ignorance, our spirits will be free with the eternal truth of life.

\* Universal love

Love is a feeling created by positive emotion. Human style of love is more complicated than just positive emotion. Their love is mostly connected to individual ego needs. That's why greed, hatred and stupidity surround the human style of love.

True love will only appear when we can restrain our negative intention from these three poisonous emotions. But still, this is not universal love.

Universal love is the system, which exists without any judgment, but is able to support every one to experience life and indirectly influence all life forms to be aware of the unlimited truth of life force.

Buddhism explains, through training Four Eternal Hearts\*, one's consciousness is able to understand the love of the universe.

\* Four Eternal Hearts:

- **Kindness** without ego – *no expectations or possessiveness behind kindness*
- **Care** without negative emotions – *not being over-emotional to show care*
- **Joy** without stupidity – *no ignorance of being joyful*
- **Freedom** without greed – *no greed to hold anything, nothing can hold you either*

\* Meditation - in our modern human life, meditation has been mistaken as a technique of sitting quietly in a special pose, concentrating on breathing or certain kind of imagination. But true meditation goes much further than humans can expect.

Basically, meditation describes high consciousness in a deep calm concentration. Through this deep calm concentration, one is able to discover the true force of sub-consciousness and create incredible miracles, which are beyond the ability of human awareness.

There are many types of meditation systems. Each meditation technique can help you develop various abilities and experience different levels of extraordinary awareness.

In Buddhism, meditation could be a spiritual force. It could also be misused as a super ego force. True spiritual style of meditation, consider being wise, not falling for the trick of ego first of all.

\*Ego – it's not equal to being egoist, or selfish, neither. A simple way to describe ego is when one's consciousness takes its individual 'I' as the main subject, which every life does.

But when one takes their individual 'I' too seriously and is careless towards others, to the point that they will even cheat or hurt other life forms, that's the moment, ego becomes egoist or selfish. Before it reaches this stage, ego is neither good nor bad.

Ego is only judged bad, when these three stages: intention, speaking (or thinking) and action, are full of negative awareness, such as greed, hatred and stupidity. In these three stages one should begin with trying to control action, since directly controlling the intention is the most difficult discipline. Of course, if one had the ability to directly purify their intention in a positive way; it would be the best situation.

There are also different angles to look at ego. Because our individual 'I' will not last eternally, ego is an illusion, as a trick. But for high consciousness, which is able to see through it, the view of ego would become a test or even a teacher.

\*Mantra – Mantras are secret sounds created by free spiritual consciousness.

During the past few thousand years, around the Himalayan Mountain region, many different generations of holy wise men, transferred their consciousness during meditation, to other highly spiritual kingdoms or universes. They received the secret sounds of Mantra from the free spiritual consciousness – the creator of Mantras.

For modern days they are almost like telephone numbers. When you dial a number, you can connect to anywhere far away on earth, to ask for help. All these sounds have special functions within them. Basically, through sincere heart,

making these secret Mantra sounds, a person can be helped in a spiritual way and create many different miracles.

\*Reincarnation – the continuity of consciousness transferred from one lifetime to another new lifetime.

Reincarnation has two different ways – blindness karma and free will.

Blindness karma is like a person on a raft, floating on the surface of a rough river. He flows wherever the river takes him. Blindness karma reincarnation often brings extreme excitement or unpredictable suffering, which allows no chance to choose neither where, how, or what you are going to be born.

Free will is more like a ferryman, who can guide his ferry in any direction he chooses, to carry people across this dangerous water. Free will reincarnation, step by step increases strength of compassion and wisdom. Finally, it guides to the point of being able to remember the past and see the future, free to help other lives in reincarnation, without suffering.

Reincarnation, also called 'life form's chain', has six different stages:

1. Sky humans – (the idea of God) they live in the energy universe. When humans are kind and caring towards other life forms, without ego, they would be able to reincarnate to this stage in their next lifetime. The kindness and care gives them the ability to develop perfect energy bodies. Their life can be as long as that of universe, but they are still mortal. Throughout their long lifetimes, they can learn meditation and freely enjoy its magic force.

2. Humans – the center of life form's chain. In this stage, one can change to any other stage, or learn Four Eternal Hearts (see \*Four Eternal Hearts, Part 2.) to reach



spiritual consciousness and get out of the life form's chain.

3. Earth ghosts – when consciousness gets out of human body, it exists in steam energy as a soul (transition stage). Then it may use its memory to create a see-through energy body form, becoming a ghost, not able to reincarnate into other stages. Ghosts come from selfish consciousness and so suffer much from loneliness and hunger.

4. Animals (including bacteria) – when humans get lost by the intentions of greed, hatred and stupidity, in the next lifetime they might become a low consciousness life form – an animal. Animal life can involve much suffering as well – living in a deep insecurity, caused by the activity of blind instinct.

5. Hell ghosts – it's the stage of the deepest suffering. When humans create much suffering to other life forms in one lifetime, they will receive all this suffering in the next lifetime. The hell, they live in, exists in the Earth core. The main reason, why hell is so horrible, is that all the consciousness that lives there is full of greed, hatred and stupidity. So, they affect each other to stay in hell and suffer as long as possible. Once consciousness falls in, it would be hard for it to get out.

6. Anger God – this is a strange stage. Once human consciousness, learning a lot of meditation techniques, becomes able to use magic forces, but doesn't learn to be kind and caring to other life forms without being ego, that's when it reincarnates into this stage. With magic force, like a God, but still full of anger. As their anger makes them look ugly, they are jealous of Sky humans, so they often fight against them.

\*Taoism – the main Chinese philosophy as well as religion. It has existed for about

5000 years. Originally, the principle of Taoism was pure philosophy of helping people understand the unlimited strength of life, but ordinary Chinese people were not able to understand it in the right way, so they made a religion of it.

Taoism believes, all life has Essence Strength (the power to act), which is used by Essence Consciousness (the power to be aware). Through training, these two can reach the point of no limitation. In this idea, that's the stage of being God. Basically, Taoism supports that there are many Gods.

\*Buddhism – the philosophy of Buddhism was created by Siddhartha Buddha, but the religion appeared in many different groups, created by ordinary human needs. It has existed for nearly 2500 years.

Buddhism also teaches basically the same thing as Taoism – to reach complete freedom (no limitation). But still, there are two main differences between them.

The first one is that Buddhism teaches much different systems for reaching the final goal. More than a hundred thousands books have been written to explain the true strength of life, which proves, Buddhism has a much deeper and detailed understanding.

The second difference is that according to Buddhism, to reach complete freedom of life (the final goal of Taoism) is the beginning of spirits. The true final principal of spirits in Buddhism is using wisdom and compassion to help other lives reach complete freedom, which is not the main subject of Taoism.

After being free without limitation and sharing this wisdom with other lives as eternal compassion, that is the main spirit of Buddhism. Not only to be unlimited oneself, but to be unlimited to help other lives, as Bodhisattva or Buddha.

Still, there are 3 main subjects in Buddhism, which are quite confusing for people. These are: Emptiness, No 'I' and No God.

Emptiness doesn't mean nothing exists. To reach a goal of being nothing would make no sense. So, in philosophy, they write 'Emptiness is not empty, it's just like empty'. This idea means there is some essence. It is so pure and complete that it exists without any form.

Empty can also mean free from trying to hold or being grabbed by anything, free to observe, until fully aware of everything. So empty is truly full. Just like empty space is everywhere.

What's more, because life is non-stop changing, nothing can truly remain the same, except Emptiness itself. And since nothing is going to stay the same, everything would eventually disappear as empty.

No 'I' is even more difficult to accept for people. Buddhism agrees on the system of reincarnation, so if there's no 'I', who or what is reincarnating?

Buddhist idea of 'I' is talking about 'I' as the ego feeling and the physical 'I' we hold on, which are not eternal, and are constantly changing unbelievably fast (for example our body is built by atoms, and each of them is moving at an enormous speed).

When we are alive, there is no true 'I', so during reincarnation there is no need of true 'I' either. True spirits would only appear if the reincarnation no longer affected our completely free sub-consciousness (the seed of true spirit).

Basically, Buddhism is trying to say: our true spirit is not any temporary, limited 'I'. When we pay all our attention to that temporary ego, we cannot develop our awareness towards the unlimited truth of life.

To liberate our consciousness to be aware of everything, not just to be limited by 'I', is the idea of no 'I'.

'No God' doesn't mean there are truly no highest spirits. It's the opposite. Because every consciousness, through learning the truth of life, can become a highest consciousness, free like a God.

What they are trying to say is that there's no such ego God, who is the highest force above everything, and doesn't allow other consciousness to reach an equal level.

Highest consciousness means completely wise, free and perfect. And if this highest consciousness can not help another consciousness become completely free and perfect in the same way, it already means, Its ability has a limitation.

Highest consciousness also represents true spiritual love – kindness and compassion. So if the perfect power is not interested in other consciousness becoming perfect, then it would be a perfect devilish egoistic force. True spiritual consciousness would not be lost in this trick.

Because human beings don't understand what a true highest consciousness is, they use their own egoistic way to imagine one greatest egoistic God, which doesn't exist. That's why Buddhism says No God.

\*Buddha – the simplest way to define Buddha – completely developed, free consciousness, which is able to be aware of all the truth of life and is free in time and space, eternally.

In the earth, about 500 years before Christ, somewhere in the high Ganges area, there was a prince named Siddhartha, who appeared as a Buddha. He taught

philosophy and meditation technique for 50 years, while his consciousness was still on Earth. Until today, there are still hundreds of thousands books on Buddhism, inspired by him.

The most incredible idea, which Siddhartha Buddha taught, is that everybody can also become Buddha. That proves the highest consciousness itself is not affected by ego, at all.

\*Karma - the fate resulting from the previous lifetime, which is at the same time the cause for the future lifetime; **karma can be changed by different influence.** So every life has a hope to develop either a better karma for the future, or a spiritual karma to be free from suffering eternally.

\*Thousand Hand Observing Life Sound Bodhisattva – in this long expression, the first part – 'Thousand Hand Observing Life Sound' is a respectful title. The second part is a description of high consciousness, which is soon going to become Buddha.

'Thousand Hands' doesn't mean the body has literally one thousand hands. It only means this Bodhisattva has a high magic force, able to help many life forms at the same time.

'Observing Life Sound' refers to the will of this Bodhisattva. As part of his will, he always stays in meditation to observe the signal of any one calling his spiritual name sincerely and asking him for help.

\*Eight Stage Meditation

The four stages described in the story would be just like a warm-up. True meditation force begins from the Fifth Stage Meditation.

### Fifth Stage Meditation - **no space boundaries**

In this stage of meditation, consciousness is no longer locked in the human physical 'I' and is free to travel into different spaces of the universes, without boundaries. Any space can connect to other spaces; also any space can be seen from different angles at once.

### Sixth Stage Meditation - **no time limitation**

Continuously, consciousness is able to be aware of different times - past, present, future, microsecond (1/1000000 sec.), billion times of universe births, till eternity, till there's no time, till all the different times appear at the same time.

### Seventh Stage Meditation – **no reality is reality**

At this point the awareness of the consciousness has reached an unbelievable freedom. When space and time become completely free, the consciousness is ending to the result - no reality is the reality - being totally free to be aware of anything.

### Eighth Stage Meditation - **everything is everything**

Once consciousness gets convinced by the total free awareness, imagination force has the power to create everything in any way. True magic appears, water can be fire, and no life can grow life. Everything can become everything - sound can be light, smell can be idea, touch can be taste, thought can be space...

When a consciousness has the force of the Eight Stage Meditation, a great taste will come, the consciousness can be lost and become either an ego god, or an ego devil (both still hunted by the trick of reincarnation.).

If the consciousness passes the test, the true heart of every life will start to open. Then **4 eternal spiritual hearts** will begin to grow.

### **Part 3.**

\*Yoga – it also has a 5000 year-long history. It began in the Himalayan Mountains region, with very few people, who were accidentally taking magic mushrooms and other kinds of natural drugs, which opened up their deep consciousness. Those, who didn't get crazy or killed by the drugs, even found deep information about life in their consciousness. Later on, using this information they developed some meditation training, in which through stretching system, one could reach a deep calm pose.

With time, the secret information and the training system influenced them to form Yoga groups. Today, Yoga has hundreds of different groups, but there are three main organizations.

The first one, Sincere Heart, believes that using a sincere heart to bow to the idea God will help them release from reincarnation and live in heaven from the next lifetime on. There is a research on the youth of Jesus Christ by science professors, which states that Jesus, who lived in the Red Sea area, learned this style of Yoga. Basically, according to that research, he was the first Yogi to bring this philosophy to the Western world.

The second group is Action Group. They believe that through non-stop action (including training one's body) in a perfect way; one will finally ignore the personal 'I' and reach emptiness, to unite with God. In the modern world, most of the Yoga stretching groups come from this system.

The third group is Thinking Group. They believe that through non-stop thinking in a logical way about any kind of information about life, one can reach the point of complete understanding of God. So finally one can give up thinking and open their deep soul to God. This group pays more attention to philosophy.

However, for modern people Yoga is some kind of stretching or meditation exercise from India.

\*Tai Chi – a philosophy as well as a martial art technique.

(The right spelling should be 'Tai Ji'. Though 'Tai Chi' is the wrong spelling, it is commonly used. Not to confuse you, this book also uses it.)

The philosophy of Tai Chi basically comes from Taoism. According to Taoism, the essence of life has no limitation. In Chinese it's called Wuji.

As the philosophy describes, Wuji acts in two opposite directions: hard – soft, wet – dry, cold – hot, slow – fast. One direction is called Ying, which is hard, wet, cold and slow. The other one is Yang that is soft, dry, hot and fast. When these two opposite forces harmonize together, it's the philosophy of Tai Chi.

According to martial art use, when one is able to freely control these two strengths at the same time - that is the martial art technique of Tai Chi.

### **The main martial art philosophy of Tai Chi**

#### 1. Training system:

- Move in harmony and keep the backbone straight. Be steady like a mountain, act like wind.
- Be light and sensitive. The whole body's strength remains connected as one. Energy vibrates excitingly.



## 2. Defend system:

- Stay calm to observe and be aware of the situation coming to catch a better chance to defend and attack at the same time.
- Stay in contact with the opponent without being against him, to anticipate his moves and search for weak points. Then you'll control the fight.

## 3. Power system:

- All the forces start from the feet, lead to the direction by the waist and end in the fingers.
- Use the strength of energy explosion, free like empty space. Prepare the force without sign.

## 4. Control system:

- Square standing with strong, but flexible roots. Use round moves freely to defend and change to attack with sharp, spinning triangle. (Physical control)
- Be aware of your body motion in Four Elements, free to copy the strength of all lives, as your heart wishes. (Consciousness control)

## 5. Being nature:

- Every move is a trick of Ying and Yang, to attack and defend in one movement, free to change with no limitation.
- Intention, feelings and actions are like cloud move or water flow. All the actions should be like nature.

## 6. General description:

- To have no tension, free your body and your intention. The true freedom is being aware of the essence of life – Wuji (no limitation).
- When Wuji acts, it creates Tai Chi (Ying and Yang together). These two extreme, opposite forces divide into Four Elements (earth, water, fire and wind).

The common misunderstanding of Tai Chi martial art:

- About speed – true Tai Chi has no speed limitations – slow, fast, steady, changing in any way freely and smoothly. But the training system is used in slow motion, to catch every subtle detail, until the moves finally become natural and correct. Because of this, people think, Tai Chi is only some slow motion exercise.

- About soft moves – the reason Tai Chi moves softly is the idea of complete relaxation, which can save more strength for attack. Secondly, soft movement gives you a bigger chance to learn many angles to release attacks from others. But behind all these soft moves, a strong and flexible stand, as well as a powerful and straight center bone, is required. During the stage, when people learn the slow motion Tai Chi, it's only good for relaxing without excess of strength, totally out of the martial art function.

- About being against the opponent – there are systems like Pushing Hand for training not to be against the opponent's strength. But the true idea of not being against is the whole body's action in an unlimited way of movements, without any expectation. In the Pushing Hand system, for most of time a group learns specific movements with a limited range of releasing actions. The true final Tai Chi has to be not limited.

There are still hundreds of various kinds of misunderstanding of Tai Chi martial art. Since this book is not only about Tai Chi, it will not deal with all of them.

\*The need of survival – a direct command, which exists in every life form's sub-consciousness. In Buddhism, they describe it as the force of blind intention. Because of that intention, many life forms do many cruel things. For example a male lion can kill its own son, so that there would be no other strong male lion to challenge it in the future.

This blind intention is the basic motivation of life. It also means desire to exist and continue existing. Through meditation, when one starts to touch eternal spirits, the need of survival will no longer haunt their free consciousness.

#### **Part 4.**

\*4 eternal elements with 8 universe qualities:

Wind element / quality: moving or getting calm.

Fire element / quality: hot or getting cold.

Water element / quality: wet or getting dry.

Earth element / quality: hard or getting soft.

**All the appearing forms in the whole universe are developed by four eternal elements, within eight qualities.**

Our human body is also developed by these four elements.

- Wind is our breathing, if we don't get air for about 3 minutes, our heart will stop beating.
- Fire is our temperature; our body temperature has to remain at about 37 degrees. Too high or too low temperature can cause death.
- Water is the basic component of our body (65-90%). If there's too much or too little of it, we will die.
- Earth is the basic matter of our bones and cells... If they get damaged too much, there is no way to survive.

In kung fu, each of the elements represents a different energy explosion technique:

Wind is the fastest and works with amazingly light control.

Fire is the sharpest and works with surprisingly exciting control.

Water is the softest and works with unpredictable relaxed control.

Earth is the hardest and works with extremely heavy control.

## **Part 6.**

\*Kung fu – the original idea of kung fu has nothing to do with martial art. 'Kung' means the time devoted to working on something. 'Fu' means a tough guy or an intelligent person. Together it simply describes somebody who works hard on something. Chinese people even use this to make jokes about their friends, e.g. 'How good is your kung fu in bed with your girlfriend?'

However, kung fu can also be used as an equivalent to martial art. And since Bruce Lee, kung fu has been internationally associated with Chinese style martial art. Basically, kung fu is a different way of saying martial art or self-defense.

\*Meridian lines – a meridian in our body is just like a freeway system in a country. It helps transfer various types of information to different parts. The connection points between meridian lines – the nerve points, would be just like freeway junctions, which allow car transit without blocking.

When a nerve point gets blocked, it would be like a big traffic jam in a junction, when no car can move any more. Just as the body would become stiff and painful.

A traffic jam can have two causes – too many cars going through the junction at the same time, which means too much stress, or an accident, as a hit in the nerve point.

In the Chinese martial art, there's a nerve point control technique based on this idea, used for self-defense. Its name is Dien Shiye ('Touch Nerve').

\*Seven Chakras

## 1. Chakra

First Chakra: Red energy. Named: **Desire Ocean**. Function: Used for supporting the needs of sex, eating, possession, fame and power to control other lives, as **desire**.

## 2. Chakra

Second Chakra: Orange energy. Named: **Passion Lights**. Function: Used for the control of the human body's temperature and all the different temperatures that exists in the universe. It's also the motivation to convince desire to go further, as **passion**.

## 3. Chakra

Third Chakra: Yellow energy. Named: **Physical Activity**. Function: Used for uniting different speeds of energy. Becoming all kinds of forms, as our physical body, and all the galaxies in the universe. It's also the sport power and action of making desire become reality, as **physical force**.

## 4. Chakra

Fourth Chakra: Green energy. Named: **Healing Heart**. Function: Used for curing life forms and developing the relationships between individual 'I' and others. It's a

power of sharing physical activities; then love or hate grows, as **emotions**.

## 5. Chakra

Fifth Chakra: Blue energy. Named: **Observing truth**. Function: Used for observing, recognizing, memorizing and organizing all the experiences of existence - including desire, passion, physical activity and emotions, meanwhile searching the true meaning behind all of these, as **logical thinking**.

## 6. Chakra

Sixth Chakra: Purple energy. Named: **Time circle, Wisdom Light**. Function: Used for recognizing directly the true meaning behind all the signs, forms, behaviors and actions in unlimited time at once. It's a force far beyond the regular human level. Has the magic power to create different kinds of miracles, as **intuition force**.

## 7. Chakra

Seventh Chakra: Bright transparent white energy with reflection of Million of colors. Named: **Incredible Unlimited Dharma**. Also named: **Perfect Illusion Wonder Space**. Also named: **Completely Kind, Caring, Joyful and Free Consciousness**. Function: Used for developing immeasurable senses power, such as eyes, ears, nose, tongue, body and brain to connect to unlimited time and space. It's a power of unlimited force, as **perfect free consciousness**.

Every life has always the chance to develop their consciousness higher until they can completely use these Seven Chakras' energy.

\*The Law of Martial Art God – Weapon Training

Discipline 1. Pose and feeling control – Start with the pose, as if being eternal, ending with silence, as if there was no time.

*Beginning with any pose, you must be fully concentrated, without any fear, and feel as if the whole universe was focused on you, as its center. Trust yourself as if you had the entire force of eternal universe. When you stop moving, feel as if the time finally didn't exist any more, steady like a calm mountain or the empty space of the universe.*

Discipline 2. Falling move control – Every falling move has to twist immediately and follow gravity like a whirlpool in an unplugged sink.

*The sinking and twisting motion starts with feet, follows on to the center of the body, then shoulders, elbows, wrists, and finally ending with fingers.*

Discipline 3. Lifting move control – Any force going up must follow the easiest direction (in which you need the lightest force to move).

*Meanwhile push against gravity with a straight center bone, which steadily connects to the feet, like a tornado twisting up, but still connected to the ground.*

Discipline 4. Tension control – Any move, at any speed, must be free of tension in the body, even while changing the speed of the motion.

*Basically, in any situation and in any position, the body has to increase its energy power without physical tension.*

Discipline 5. The challenge of speed control – From very slow to very fast, from very fast suddenly being steady in any pose or from silence immediately to an

explosion of utmost speed.

*All these different kinds of changes have to be trained until you can freely control any move in any angle naturally, as your heart wishes.*

Discipline 6. Attitude control – Learn to the point you are 100% confident, what you do is perfect, without any doubt.

*Always try to do the best you can, but without excessive stress.*

Discipline 7. Body connection control – Be aware of every part of your body (toes, fingers, etc.), and connect the power from them to the 7 Chakras core (straight center bone, neck and head).

*Be aware that your whole body weight rests on the feet. Every flowing motion starts with the strength of the feet and ends in the fingers. No tension is allowed in any part of the body.*

Discipline 8. Harmony control – Feel excited and relaxed at the same time (the more excited, the more relaxed).

*You'd better not move if you are too excited, or not relaxed enough. To balance yourself, rather try to be less excited, instead of more relaxed.*

Discipline 9. Consciousness control – Be like a performer and a spectator at the same time, divide consciousness.

*In fact this training should be done at all times in your regular life, as well. It's the fastest way to develop your consciousness to become sharp, sensitive and free to be aware of anything.*



Discipline 10. All the above is extremely difficult... take it easy, be patient.

\*The Law of Martial Art God – Top Secret of Self-Defense

Let's first compare martial art training to driving a racing car, before following to explain the top secrets of self-defense.

*A well-trained martial art body* (strong bone construction, well-developed muscles and flexibility) is the high-tech design of a racing car's shape.

*The force of martial art* (the energy and the speed) is the engine.

*The fighting technique* (the ability to use martial art) is equal to the driving skill.

*The intention of martial art* (showing off, self-defense and spiritual development) is the goal of a racing competition.

## **The Secrets of Self-Defense**

### **The first secret – United force:**

When normal people fight, they usually start with moving their hands, so the force is not controlled by the whole body's strength, which means that for a racing car, the engine would be too weak. So the actions are too slow, as well.

[Preparing the whole body's strength, before moving the hand or leg](#), is the top martial art instruction.

### **The second secret – Emotion control:**

If you show too obviously that you are preparing the whole body's strength, people will either try to hit you before you act, or get scared and escape.

Prepare the strength while you seem still relaxed, without any aggression or tension.

**The third secret – Force control:**

If you try to defend with the whole body's strength, at the same moment, you'll have no or not enough power to attack.

Avoid the enemy's attack with right timing, by using just enough force, and save the strength to attack back.

**The fourth secret – Position control:**

If you spend all the attention to block the attack, you will have to take a second step, for continuing defense or attacking.

Read people's intentions, emotions and their body language. Be prepared ahead, to get into a better position, for avoiding the attack, and strike back at the same time.

**The fifth secret –Attack control:**

If your full force attack don't reach the aim, it will be too difficult to take the next immediate defense or attack actions.

Never let a strong force attack go 100% right away. Save 60% to be able to change the angle for the next necessary motion. Only when you're positive that you'll reach the target, then explode with all the force.

**The sixth secret – Intention control:**

When your true intention is obvious and preventable, it will bring bigger chance for the opponent to get prepared to avoid or attack before your action.

Show first your true intention within defense or attack actions, to mislead the opponents. Then change, to trick them with your fake intention facial expression

and body language. [Win by pretending.](#)

## **Part 12.**

\*Sixth sense – see \*Consciousness, Part 1.

\*Human beings – one kind of life form, which exists on Earth, able to use thinking power to develop a high civilization. Today they are the rulers on earth.

But this basic definition doesn't help people understand deeper, what human beings are. In some religions, they believe human beings are the creatures of God. According to scientists, we are the result of evolution on Earth. Some people simply think that we are just more advanced animals, as our basic physical needs remain the same.

In Buddhism, they teach that to understand anything, one should check what it is made of – the essence, how to use it – the function, and what's the meaning or value of it – the goal.

In this system, they describe human beings as made of three different parts: consciousness, physical body and the surroundings.

Consciousness is the power to be aware of what you see, hear, smell, taste, touch and think. Physical body is the machine to receive light, sound, smell, flavor, touch and ideas. And of course, these six types of information are the surroundings.

No human can exist without all these three parts, but other animals on earth also exist through these three parts. The only difference is that they miss the power to think and the brain capability to receive thoughts or ideas.

Also in each of these six abilities, human beings have certain limitations. If a life form could go beyond these limits, it would not be called human being any more.

According to Taoism and Buddhism, human being is the stage between spiritual consciousness and low, material desire consciousness. If human beings trained their consciousness to follow the discipline of the spirits, in the next lifetime they would break the limitation of human awareness and become spirit consciousness. The opposite, if they followed the animal instinct – greed of survival, blindness of actions and meaninglessness of existence, their consciousness might go back to become animals again.

These ideas are basically trying to describe humans as one stage of life forms' chain (reincarnation), which is able to become another stage (for more details see \*Reincarnation, Part 2.).

The human body is also described as a temple, with our spirit living within it. Inside this temple, there are seven different types of universal energy, which are called 7 Chakras. If, through training, human consciousness builds the body temple in the correct way, all these 7 energy types will be opened and one's consciousness will be free to be aware of any information, from any universe.

The other way to describe human body is – our body is built by four elements. Wind is the air we breathe, water is the main component of our body, fire is our body temperature and earth are the particles of matter in our body (for more details see \*4 eternal elements with 8 universe qualities, Part 4).

### **The construction of human beings in a modern view**

Human body (built by 4 elements) is like a computer. On the hard disc of this computer, there are 7 basic programs: desire, passion, physical force, emotions, logical thinking, intuition and sub-consciousness. And the 7 Chakras are the

electricity for running these seven programs. The 6 senses are the devices to receive the 6 types of information, which are judged by the processor – consciousness, and connected by it to any of these 7 programs.

For example, somebody (**4 elements**) walks into a shopping center and uses his **6 senses** to choose the product he would like to buy. Finally, the information from the senses is judged by the **consciousness**, which connects it to the **7 programs**. It could be desire to own it, passion to enjoy it, emotional associations with the product... Then the **7 Chakras energy** will grow to make them run.

These basic 7 programs can produce all other programs, e.g. the program of political activity is built by desire and logical thinking or acting activity is build mainly by desire, passion and emotions.

### **Part 13.**

\*Inner third eye – the second of the Five eye abilities.

#### **Five eye abilities:**

1. Human material eyes ability – being able to see material forms, colors and energy in a very limited way.
2. Inner third eye ability – being able to see energy inside and outside the body.
3. Wisdom Dharma eye ability – being able to see the time circle and the inner universe, hiding in sub-consciousness.
4. Empty essence eye ability – being able to see any time, anywhere, from any angle, like empty space exists in any time, anywhere in universe.

5. Unlimited consciousness eye ability – being able to see the first four eye abilities and connect to unlimited life forms consciousness and being aware of what they see.

### **Part 15.**

\*Universe wave - a movement of universe, turning itself. Its speed is Millions times faster than the light speed. The essence of this wave is built by the smallest particles, which the scientists today probably haven't yet discovered. In Buddhism they call it 'Next to empty', which means, the only thing smaller than these particles is emptiness.

\*Time circle – everything that happened, is happening, or is going to happen, all belong to time circle.

The first part is more or less like memory of what happened. For example, if one goes to see a movie for a second time, the memory will be recalled, which is the past. When the past time circle is opened, one's consciousness would be able to be aware of things which happened in the past, no matter how long ago, without the limitation of one lifetime.

The second part will be like seeing the movie for the first time, as the present memory, which is the presence. When the present time circle is opened, one's consciousness would be able to be aware of many different things, happening in various spaces at the same time.

The third part will be like creation of a movie by a professional director. Though even this movie is not made yet, through the information about the story and knowing the ability of the actors, the director can imagine the film in his own vision,

before it actually happens. That's the future. When the future time circle is opened, one's consciousness would be able to be aware of any possibility that something might happen.

## **Part 17.**

\*Sanskrit – a mysterious language created by some wise men, who, in deep meditation, discovered it in their inner sub-consciousness. Every word has a special deep meaning concerning the truth of life. At the beginning, it was a legend in the area between Himalayan Mountains and India, about 4000 years ago. Finally, when Siddhartha Buddha appeared in India, most of Sanskrit philosophy was created.

### **Philosophical explanation of some significant words**

#### **\*Wisdom**

**Wisdom is to know, we have no wisdom.**

**Wisdom is to know, there is wisdom to learn.**

**Wisdom is always to follow wisdom.**

**Wisdom is to learn what stupid is.**

**Wisdom accepts wisdom.**

**Wisdom avoids stupidity.**

**Wisdom accepts, stupidity can happen, but try not to repeat the same mistake.**

**Wisdom doesn't judge good or bad in life. But knows clearly what good and bad is.**

**Wisdom is to think wisely until there's no wise thinking – just being wise naturally.**

**Wisdom is not to try to be wise, but to try not to be stupid.**

**Wisdom** is to know what our limitations are, and how to break them.

**Wisdom** is to understand there are no limitations in true life, and how to discover it.

**Wisdom** doesn't come only from thinking. It comes from generosity, discipline, patience, concentration, meditation – all these five abilities.

**True Wisdom** is to be pure. **Tricky Wisdom** tricks you to be wise.

**Pure Wisdom** is being kind without ego, being caring without being over-emotional. Joy without stupidity, free without greed.

### **\*Perfect**

**Perfect** is not perfect. That's why it's perfect. If perfect is perfect then there's no perfect.

Because perfect is never going to be perfect, so it would always remain perfect.

**True perfect** is always complete perfect and never going to be perfect-like.

**Perfect** is a trick, it tricks you to make it perfect.

**Perfect** is not just a trick, it's the perfect trick, which needs no other tricks.

**Perfect Tricks** trick themselves perfectly.

**Perfect Tricks** trick more tricks.

**Perfect Trick** has no tricks. That's why it's totally tricky.

**Perfect** can not be created, cannot be reached. It can be only discovered. If perfect can be created and reached, then surely it's not perfect.

**Perfect** cannot be limited or unlimited only. It cannot be logical or illogical either.

**Perfect** is everywhere and nowhere.

**Perfect** is also in any time and in no time.



Perfect truly exists and never can be found. You're never going to get it, you cannot hold it either.

Perfect can appear anywhere in any time, when you're no longer searching for perfect and no farther away from being perfect.

### **\*Ego God**

There is a place where time is forever, where dimension is endless and water is the essence. A place called universe. See me, believe in me. I am the simplest of godly creatures. I can change the world. I am the fabric. Dreams are made of and I am the joy souls fall into. I bring chaos into order and I get smiles from eternity. I am all you want me to be. I am nothing you regret. Love me, adore me, fear me. As I watch I am wondering is this all it can be. Is there nothing more?

## **Por Ler Bor Lour Me Duo Shing Ching**

### **INTRODUCTION**

Indian Buddhism originally had two different groups, one group called "Large Popular" and the other called "Top Concentrated Group". For the Large Popular, the most important Buddhist philosophy is the philosophy book of **Por Ler**. The Bodhisattva called Long Su (Dragon Trees) created the general ideas. The main idea in **Por Ler** is a discussion of the essence of all life --emptiness--and an explanation (in various clear definitions) of what emptiness means. The teachings begin with Buddha's explanation to his students in the year 535 BC. He explained this philosophy for many years and the students memorized it and later recorded it in many philosophy books. Eventually, Long Su Bodhisattva collected and concentrated these teachings as the book of **Por Ler**.

**Por Ler Bor Lour Me Duo Shing Ching** is generally shortened to **Shing Ching**. (In addition to describing emptiness, Shing Ching can also mean **the book of true heart**). Shing Ching is the main center philosophy of all the books of **Por Ler**. While Por Ler has over 600 books, **Shing Ching** is only one book. There are two most famous persons who translated this book into Chinese. One is the famous Chinese monk called Sheng Drang. When he traveled to India during the Tang Dynasty he received this book, **Shing Ching**, which is the briefest version of **Por Ler** philosophy. His translations are more literal and directly word for word more than others are. Because of its literalness, many parts were hard to understand for Chinese people.

Another famous monk, from India, made a translation that was easier to understand. His name was Jo Moer Roer Se Her, and he came to China and studied Chinese concentrate for about 35 years. After that, he translated Shing Ching by focusing more on the meaning conveyed rather than the literal presentation of the text. He used the Chinese words the way Chinese people use them to create the same meaning. So with this translation, **Shing Ching** finally became popular. His is the version we translate now (though there are some passages from Sheng Drang's version).

**Shing Ching** is the book of Buddha's philosophical teachings condensed to the most important ideas. The original teachings include:

600 Books of Pour Ler

Books of Five Developments

Books of Emptiness

Books of Illusion Being

Books of Consciousness

Books of Six Consciousnesses'

Books of Incredible Calmness

Books of Reincarnation

Books of Twelve Causation's--Karma

Books of Suffering, Receiving, Destroying, Tao

Books of Nirvana--No Beginning, No End

Books of Incredible Buddha's Consciousness

What do all these books try to teach about Buddha's philosophy?

Though all these books talk about different subjects, in the end they concentrate on the same thing--Life. What the truth of life is. Why life has suffering? What the eternal happiness in life is. What consciousness is? What human being consciousness is? How human beings can train their consciousness to release all suffering to reach Nirvana, which has no beginning, no end, no boundaries, and is complete happiness awareness. Basically, these books discuss how to become a Buddha.

We experience life through our individual physical sense, including eyes, ears, nose, tongue, body, and mind. These are the senses we use to see, to hear, to smell, to taste, to touch, and to think. Because our individual physical senses are all developed differently and constantly change from infancy to adulthood to death, and because they are also always connected to different surroundings, our perspectives on life will be always different.

In this case not knowing the truth of life is our own limitation, and Buddha taught that all suffering comes from here. This stage is called Blind or Ignorant Consciousness. It occurs when we are not aware of the eternal unlimited truth. To be aware of the truth of life is the first step to get away from this stage.

What is the truth of life? The truth is that all life needs consciousness (the awareness ability) to be aware of the body they have and their surroundings. Buddhism calls the ability to be aware of the body and its surroundings "consciousness." This body and its surrounding are called Illusion Being.

These two parts are different but united as one, like one piece of paper has two sides. They have the same essence, as both sides of the page of paper have the same essence--wood pulp. Consciousness and Illusion Being also have the same essence--emptiness. But this Buddhist sense of emptiness is not our usual idea of emptiness, like there is nothing that exists. Buddhist emptiness is described as an eternal pure force existing in two ways. One way as consciousness (which has no form but is able to be aware of all the forms); the other is as illusion being (the constantly moving changing speed which creates all kinds of forms from combinations of the other constantly moving speeds, which is eternal changing power). Once the speed is stopped and still, it exists without any form. It is back to the essence, pure existing power, emptiness.

Both consciousness and illusion being are emptiness. Both eternally exist without any beginning and end. One is eternally developed; this is consciousness (the awareness ability). One is constantly changing to unlimited appearance forms; this is illusion being. Both are incredible. Both are illusion. Both are united together as unlimited universe existing forms and unlimited awareness ability.

When the consciousness can reach this stage of awareness, which is enlightening (aware of the truth of life itself), then the consciousness connects to the Buddha's consciousness and experiences the utmost unlimited happiness without any suffering and pain.

The person who tries to help other people become aware of the truth of life is called a Bodhisattva. When a Bodhisattva develops complete unlimited wisdom and complete unlimited compassion, and constantly

helps other people develop their wisdom to be aware of the truth of life, then he finally become Buddha. His consciousness is no longer just connected to Buddha's consciousness to be aware of the utmost incredible happiness. Instead he creates his own consciousness by helping other people in billions of uncountable lifetimes become Buddha's consciousness.

All that Buddha taught was directed toward one purpose--helping other people become aware of the truth of life and experience perfect happiness--which is to become Buddha and release all the suffering and pain in life. This is also the principle of Por Ler Bor Lour Me Duo Shing Ching.

## POR LER BOR LOUR ME DUO SHING CHING

This is the book of consciousness (true heart) philosophy for using wisdom to observe and be aware of the eternal truth of life.

Observing-Self-Being Bodhisattva developed deep wisdom to observe and be aware of the truth of life. After that, he became brightly aware that the five developments (Illusion being, receiving, thinking, acting, and awareness) are empty, and he released all suffering and pain.

Buddha said to his student: Sir Li Tsö, Illusion being (the body and its surrounding) is not different than Emptiness, and Emptiness is not different than Illusion Being. Illusion Being is Emptiness, Emptiness is Illusion Being. Receiving, thinking, acting, and awareness are also Emptiness.

He continued: Sir Li Tsö, the essence of Dharma (consciousness) has no form, never appears nor disappears, is neither dirty nor clean, and is never added to nor subtracted from.

Because this is so, Emptiness (the true essence of Dharma) has:

No Illusion Being

No Receiving, thinking, acting, or awareness

No eyes, ears, nose, tongue, body, or mind

No form, sound, smell, taste, touch, or Dharma (the appearance of all life form)

No limit to the awareness of seeing, hearing, smelling, tasting, touching, or thinking

No blind awareness

No aging and death

No suffering, acquiring, destroying, or learning  
No wisdom and nothing to get

Because he becomes aware of that the truth of life is consciousness and Illusion Being, and both truly are emptiness. He understands that there is nothing to get from life. Then, as Bodhisattva, he helps people become aware of the truth of life.

From deep awareness of the truth of life, his heart becomes free. Because his heart is free he has no fear and is awakened from dream illusions. Thus, he reaches Nirvana.

Because all Buddha's develop completely the Por Ler wisdom to observe and be aware of the truth of life, they reach the development of limitless complete awareness.

This is why Por Ler Bor Lour Me Duo Shing Ching is:

- The philosophy to reach Buddha Consciousness;
- The philosophy of unlimited bright awareness;
- The highest philosophy of the truth of life;
- The philosophy that explains how incredible the truth of life is;
- The philosophy that can release the suffering from any form of life;
- The completely true philosophy without blind awareness

So the meaning of Por Ler Bor Lour Me Duo Shing Ching is to help people become aware of the truth of life. Truly, it is to help people become aware of the truth of life.

Por Ler Bor Lour Me Duo Shing Ching is the philosophy to help people most quickly develop complete unlimited awareness.





## 1. POR LER BOR LOUR ME DUO SHING CHING

*Por Ler:* A general translation of this phrase would be “wisdom,” but this single word doesn’t cover the phrase’s full range of meaning. According to Buddhism, there are two basic types of wisdom.

*The first type of wisdom is to understand how to live human life in a better material way. For example, scientific knowledge helps us develop a better material life. The telephone makes communication easier, the automobile, trains, and airplanes make transportation easier. Medicines and vaccines make life freer of disease and illness. This type of wisdom can release suffering, but only temporarily and not deeply.*

*The second type of wisdom is to observe the eternal truth of life and to live with the truth. Being aware of the truth and free from the fears of life, suffering disappears.*

*The truth of life is that life has two parts united as one. One part is the essence, which is the awareness ability (Consciousness). The other part is the form of all that exists, which includes our body and its surroundings. It is also whatever we are aware of, and suffering comes from all of this.*

*The first type of wisdom is to cure the problem of the life forms. But the power that makes this life form continually changes and creates more suffering. So there is never an end of suffering.*

*The second part of wisdom is to release all the troubles and suffering by stopping the power, which creates suffering. So the suffering can be forever released. Translated into English sounds, the Sanskrit word for this type of wisdom would be “Por Ler.”*

**Bor Lour Me Duo:** A literal translation would be “to reach, to be aware, or to observe.” In this poem the Buddhist philosophy meaning is “to reach a different stage of

*awareness” or “to use the Por Ler wisdom to be aware of the truth of life.” There is also another possible reading of this phrase that means, “Using the Por Ler wisdom to observe the truth of life.”*

*In the Chinese translation of Por Lour Me Duo there word “Gyea” is used. It is very important in Chinese Buddhist meditation and means “aware” or “awaken.”*

*It means “aware” because the truth of life is very deep, powerful and mysterious .The only difference between Buddha and other people is the level of their awareness ability and what they are aware of.*

*Por Lour Me Duo does not mean to be aware of something, but to be aware of everything and the power behind everything.*

*Regular people can only be aware of things through their own individual character and individual physical sense. When one has completely developed his awareness ability, then he can be aware of the unlimited life forms. This is the stage known as “awakened” or “Nirvana.”*

*In this highest stage of awareness, the memory of being a human being is like a dream. It is Nirvana because it is more completely perfect than any idea one can imagine.*

*So Por Lour Me Duo also means to be awakened or to reach Nirvana.*

*The only way to be awakened or reach Nirvana is to be aware of the eternal truth of life, and the key to understanding the truth of life is to develop the observing ability. That is why we translate the title as “to observe and be aware of the eternal truth of life.”*

**Shing Ching:** *The literal translation of “shing” would be “true heart.” In Buddhist*

*terms “shing” can also mean “consciousness.”*

*In general usage “shing” is translated as “consciousness.” In Buddhism, this term is used to describe a mysterious power. It can therefore also be translated as “strength.”*

*There is a Buddhist saying, which means, “Our heart is like the earth.” This is because so many things can grow in it. It can grow enormous trees, it can grow fruits and vegetables, and it can also grow noxious weeds. It can grow wildly, or it can be cultivated and organized.*

*“Shing” is the fertile ground of our consciousness in which things grow. Wisdom is the farmer. The hard work is effort to be aware of the truth of life, like the farmer cultivates his fields. Ignorance is the weeds that grow in the fields. When we take care of the fields, then the sweet fruits come forth as kindness without ego, compassion without excess emotion, joy without blindness, and freedom without greediness.*

*“Ching” is the traditional way to write “book.” As a verb it means “to connect” or “to pass through.” In modern usage, “Ching” usually translates as “philosophy book.” Taken together “shing ching” means “the book of consciousness philosophy” or “the philosophy book of true heart.”*

*A short translation for the whole title is: “The book of consciousness (true heart) philosophy for using the wisdom to observe and be aware of the eternal truth of life.”*

**This is the book of consciousness (true heart) philosophy for using the wisdom to**

**Observe and be aware of the eternal truth of life.**

*This first line of the poem repeats the meaning of the title. The title is a transliteration of the Sanskrit words. Here the literal meaning is given.*

***Observing-Self-Being Bodhisattva*** developed deep wisdom to observe and be aware of the truth of life. After that, he became *brightly aware* that the five developments (illusion being, receiving, thinking, acting and awareness) are empty and he released all suffering and pain.

***Observing-Self-Being:*** in Buddhism, the power to observe is the “true self.” This power is also known as “consciousness” or “true heart.” The forms we observe, from our bodies to everything we experience, are called “illusion being.” They are not the true self because the true self remains always the same, but Illusion being constantly changes.

*Though Consciousness (the True Self) exists, it has no form. Consciousness is generally able to observe all life forms but not itself. When this power is trained to observe itself, then it is able to be aware of the “true self.”*

*“Observing-Self-Being” is the name used to describe a Bodhisattva who has observed the truth of life deeply and is able to see through all the forms and be aware of life’s essence.*

*Completely developed observing ability is the true self-being. When consciousness (observing ability) can be aware of its own essence, it is at stage of awareness closest to Buddha consciousness. The name “Observing self -Being” is given only to the Bodhisattva who has reached highest Bodhisattva level.*

***Bodhisattva:*** *Anyone, who understands the truth of life and wants to help others to*

*understand it, can be called “Bodhisattva”. One who has trained his or her consciousness from regular human consciousness into Buddha’s consciousness can also be called a Bodhisattva.*

*The category of Bodhisattva generally has two different types. The first type understands the truth of life completely through logic or intellectual power. The second type completely understands the truth of life through the mind but also has an extensive meditation training (which develops a higher awareness ability) and has wider experience of the truth of life.*

*The Bodhisattva consciousness contains two basic kinds of awareness that come from the Bodhisattvas heart.*

*The first kind is the wisdom to be aware of the truth of life. (Wisdom has two meanings: complete joy without ignorance; and, complete freedom without greediness.) The second part is to develop compassion. (Compassion means: complete kindness without ego; and complete care without being emotional.)*

*The way to develop this wisdom is to not look at things through the perspective of an individual “I.” Because Bodhisattva can do this, he can patiently observe things from many different angles. To release the feeling of an individual I, one must also hold onto nothing in his heart. To develop wisdom, one must constantly try to observe life until his observing ability is completely developed.*

*There are six things one must practice to gain awareness of the truth of life. These are:*

- 1. **Generosity.** To be generous means to give up jealousy, greed, selfishness and miserliness and to develop a sharing character. There are two kinds of sharing. One is sharing material things, such as food or money. The second is sharing knowledge or wisdom.*

2. **Discipline.** *In Buddhism, there are two kinds of discipline. One concerns one's outward actions, the other concerns one's inward attitude. The first type is to have the discipline not to do negative things but to do only positive things. The second type is not to be ignorant in living, but always to stay aware of the truth of life.*

3. **Patience.** *There are two types of patience that one must develop. The first type is the patience to accept things that one doesn't want to do but has to do. (For example, when you get sick you don't like to waste time in the hospital, but because of your weakened body condition you have to. This is something one must learn to patiently accept.)*

*The second type of patience is the patience to be aware of the truth of life. Because the truth of life is deep, complicated, and mysterious, there is no chance to be aware of this truth without patience.*

4. **Concentration.** *There are also two types of concentration to develop. One is to concentrate from your mind to be aware of the truth of life. The other is to concentrate deeply from your heart to be aware of the truth of life.*

*A useful way to explain the difference between these two kinds of concentration is to look at our general habits. In Buddhism all kind of human habits arise from the law of desire. As we feel desire we try to satisfy it by acquiring or attaining something. But once we satisfy this desire, we immediately feel a new desire that requires satisfaction. Trying to satisfy these desires is a never-ending process. In fact, the more satisfied one gets the more one wants to enjoy this sense of satisfaction.*

*This sense of desire for satisfaction includes learning ideas and philosophy of life. When we push ourselves to learn the truth of life intellectually, it is from the*

*power of desire.*

*Buddhism teaches one to be awakened from the law of desire. This means that one no longer looks for satisfaction of any kind (physical, emotional, intellectual or spiritual). To be aware of the truth of life one must truly want from his heart not to be blind. There is a famous sentence from Buddha regarding the moment he became Buddha. He said, "All the wisdom about life is already in everyone everywhere. If our heart truly wants to be aware of it, then without any teacher we all can be aware of it." It is for this reason that the second type of concentration must be from one's heart.*

*Here is a simple example of what it means be concentrated from your heart to try to be aware of the truth of life. There are two people who study history. One tries to learn it because he has to learn it to pass an exam. He tries to concentrate his mind to learn names, dates, and places. But when he studies, his heart actually longs to go swimming and have fun. Even though he makes great effort and tries hard to use his mind, he cannot learn and retain the things that he wishes to.*

*The second person learns history because he has a very important principle from his emotion that inspires him. For example, his parents may have been killed in the Second World War and he wants to understand everything he can about the circumstances surrounding their lives and deaths. Because his emotion arises from so deeply within his heart, he learns without having to work at it.*

*Concentration means being serious from your heart as well as from your mind.*

**5. Meditation.** *All Bodhisattvas try to be calm to observe the truth of life.*

*Meditation is the technique they use to calm, open and sensitize their consciousness.*



*There are two basic types of Buddhist Meditation. The first type works to stop our thinking. There is a Buddhist saying that goes, The mind is like flowing water. Some people think faster, like a fast river rapid, and some think slower, like a smooth, wide river flows. But the same idea holds true in each case. The water continues to flow. This is also true of the mind. It constantly continues to think.*

*To stop the mind from thinking is very difficult for most people. But when we concentrate on our own thinking we cannot observe the truth of the whole eternal life. So there are some basic meditation techniques to achieve this state.*

*One method is to sit quietly and count from one to ten, then from ten to one, over and over. Another method is to consciously observe one's breathing. Doing this, one thinks of nothing except the feelings of his body and its surroundings. This type of meditation can also include yoga stretching techniques and martial arts forms such as Tai Chi.*

*The second type of meditation is built up from the ability gained from first type. The difference is that the second type of meditation is only possible when the first type of meditation has been deeply mastered. The reason one first must learn not to think is to experience deep calmness. Once the deep calmness awareness has been built, one can again think anything or do any regular activities and always stay in touch with this deep calm awareness.*

*Keeping this calm awareness as one goes about his daily activities is the second type of meditation.*

*In Chinese, meditation also has another definition, which is "the strength of being stationary". To meditate does not simply mean to sit down and be still.*

*The whole universe is the power of constant movement and change, and our awareness follows the constantly changing forms. There is no instant when one can feel completely calm without any sense of moving.*

*The strongest power in the universe is this power of being stationary. Only when your consciousness is strong enough can one remain completely calm and not follow the changing forms. Thus, the idea of being still refers not to one's physical sense, but to one's heart. But this does not mean that the heart is a concrete object, like a rock that does not move. Rather the heart (the strong, developed consciousness) is pure and open. Like the empty space. It accepts everything that moves but it does not move.*

**6. Wisdom.** *As a Bodhisattva the main wisdom is the wisdom to be aware of the truth of life.*

*The truth of life has two parts united as one: the forms of all kinds of life and the essence of these forms. By observing all kinds of life forms, one can become aware of their essence. This truth is conveyed in the well-known saying, "Back to the essence--Nirvana."*

*The forms of life constantly change. They appear, disappear, come into existence, and cease to exist. But the power that make things constantly change, appear and disappear remains. A wave can rise or fall in a river, but the power behind the wave remains. This power is the essence of the wave--water. The essence of all constantly changing life forms also remains the same.*

*Buddhism calls this essence "emptiness." We can be aware of Emptiness only when our consciousness is completely open and calm, like empty space is completely open and calm.*

*The essence of our lives is the ability to be aware of all life forms. This ability is constantly aware of the changing life forms, but it is not aware of itself. When the Bodhisattva sees that all life forms constantly change and are an illusion, then the blind desire that tries to hold onto this illusion ends.*

*This is the first stage of Bodhisattva wisdom--awareness of the true essence of all life forms and the end of all desire--emotional, mental, and physical. The wisdom described here is the **ability** in the Bodhisattva, not any acquired knowledge.*

*Wisdom ability is not knowledge of wisdom. Wisdom ability is the process, while knowledge of wisdom is the products of that process. Someone who has wisdom ability can observe the truth of life and discover all kinds of knowledge. But when others try to learn the knowledge that he discovered, it doesn't mean they have the same ability.*

*When people study a wise person's teachings they do not acquire his ability, but only his knowledge. Knowledge can be taught, but wisdom ability cannot be. One must develop it.*

*Wisdom ability comes only from training one's observing ability to be aware of the truth of life. We can say, for example, that knowledge is like a bridge. Wisdom ability is the architect of the bridge. People who acquire the knowledge are those who pass over on the bridge. But simply because one can cross over on the bridge does not mean he could design and build a new bridge. But if one wants to do this, he could learn how to build a bridge by analyzing and studying the existing bridge in addition to simply using it to cross the river to the opposite shore.*

*The second stage of Bodhisattvas' wisdom builds on the first stage. It is when his complete calmness observing ability keeps him from being lost in the illusions of*

*life forms and at the same time he becomes aware that other peoples' consciousness is still lost. They do not see the essence of the changing illusions and feel all kinds of fear, insecurity and suffering. His compassion rises up and he has the will to help people develop their consciousness so that they too can be aware of the truth of life and release all suffering.*

*He then learns the second type of wisdom, the wisdom of how to help others develop their conscious awareness to understand the truth of life.*

*The first stage of Bodhisattva wisdom can be compared to the architect who designs and builds a bridge. The second stage can be compared to the architect who can not only build bridges but also teach others how to build bridges.*

*Buddha is one who has completely developed these two types of wisdom.*

***Brightly Aware:*** *A simple way to explain the term "brightly aware" is to say that one is more aware of things when they are brightly lit rather than in the dark. But there is a deeper meaning here as well. It describes the Bodhisattvas' unlimited awareness experience. Their consciousness is aware of each thing's essence, and this essence is completely pure, like a light that travels eternally through the universe. The things it touches become bright.*

*"Brightly aware" describes the Bodhisattvas consciousness, which is aware of things in complete detail, like when we see things in bright day light. Also as the light is without boundary and shines to all things the bodhisattva is aware of all things without limitation.*

***Five developments (illusion being, receiving, thinking, acting, and awareness) are empty:*** *The concept of the five developments is one of the Buddha's most famous teachings. It describes the idea that life has two parts united as one.*

*The first part, Illusion being, describes the idea of all-existing forms, including empty space, light and darkness.*

*The second part is the other four developments: receiving, thinking, acting and awareness--describe the idea of consciousness.*

*Consciousness is the ability to be aware of all existing form. The understanding comes in a clear, sequential way. It begins with receiving information of illusion being. Thinking takes place when one organizes and analyzes that information. Afterwards, one's consciousness acts on or reacts to that information. When consciousness forms have a clear impression from receiving, thinking, and acting, it then has developed what is known as awareness.*

*Why are these two parts--illusion being and consciousness (together as five developments)--empty?*

*To understand this question we must first understand what Illusion being and Consciousness are and what the relationship between these two things is. In Buddhism, Illusion being and Consciousness are the two basic parts of life united together as one. This is the truth of life. These two parts cannot be separated because they come from the same essence. They exist together as one piece of paper has two sides.*

*Illusion Being is governed by the "changeable" kind of truth. This kind of truth is one that does not remain constant as circumstances or points of view change. This change may occur between various perspectives, or it may occur over time. We see this kind of truth is shown when we look at how an ant and an elephant would see an apple. While the apple would remain the same, for the ant and the elephant its "truth" would be entirely different. For the ant the apple would be a huge mountain, but for the elephant it would only be a little bite.*

*We can also easily illustrate how what we call "the truth" changes over time. This time*

*the example is from a human point of view. A few hundred years ago it would have been true to say that the trip from Paris to Rome would have been a long and difficult one. But today this would not be true. Now, rather than taking an arduous trip on foot, one would simply take a short trip on an airplane. What was true in the 1800s is no longer true today.*

*The field of medicine provides dozens of similar examples. Many deadly or crippling diseases, such as polio and syphilis, were incurable as recently as one hundred years ago. Now this is no longer true.*

*In contrast to Illusion Being (the changeable kind of truth), there is consciousness (the eternal truth). According to Buddhism, consciousness is awareness ability, which has six functions. These include the eye consciousness, the ear consciousness, the nose consciousness, the tongue consciousness, the body consciousness, and the mind consciousness.*

*This kind of truth for the ants, elephants, fish, birds, and human beings are all the same. Each has it the awareness ability to feel life, though what they are aware of may vary. All living things need awareness ability to sense the different life forms.*

*Life's deep mystery arises from the fact that the changeable kind of truth (Illusion Being) and eternal truth (consciousness) are two different parts of life, but they are united as one.*

*To understand their relationship better we have to understand the concept of Illusion being in more detail. Some commentators translate the Buddhist concept of Illusion Beings as "matter," but this definition can confuse Westerners. This is because Western minds tend to think of "matter" as limited only solid objects. To Buddhists this concept also includes what exists between the "matters"--empty space.*

*Further, this term emphasizes the fact that all this "matter" is an illusion. It is illusion*

*because all forms are constantly changing. For example, the caterpillar turns into a cocoon and later becomes a butterfly. From the caterpillar's point of view the cocoon and butterfly are illusions. When it changes to a cocoon, the caterpillar and butterfly become the illusions. Once it starts to fly as a butterfly, the caterpillar and cocoon are the illusions.*

*As things constantly change, each moment that now seems real to us will soon become illusions. When a human being is a baby, death is far away like an illusion. When the baby grows up, gets old, and approaches his death, the memory of being an infant is like an illusion. As every baby carries its future death, all dead men carry a new future reborn life.*

*Each life is like a rainstorm, which falls and becomes a river. This river flows to the ocean, where heat turns some of its surface into steam, which forms clouds, which produce raindrops. These raindrops fall down and turn again into a river.*

*Life, too, is a circle like this. Everything constantly changes. While present circumstances may seem real at any given moment, one must remember that this feeling is only an illusion. This feeling exists only for a short time in the present moment. As quickly as a bubble disappears in the air or a thunderstorm's lightning bolt vanishes or a shooting star dissolves into darkness, that is how quickly this illusion changes.*

*Human existence is just a lifetime dream. When we dream, everything seems to exist realistically. Once we wake up, however, we know that these are just illusions that actually don't exist. Illusion being (the appearance of life forms) is like this. The things we experience now are the elements of our dream. They seem real to us until we are awakened.*

*Illusion being means that things constantly change into other things. Yet, as they change they exist only in the present moment. To understand this we need only to look at the*

*stars in the sky. The light of the stars seems real and present. But the truth is that the light we see began traveling millions of years ago. By the time this light reaches us, the star from which it came may have already vanished.*

*Thus we have the sense of past, present, and future. Before the light touches our eyes, we think of it as existing in the future. The light we currently see was given off in the past. But for the light there is only the present. When the star releases it, while it travels, and when it touches our eye it is always in the present. From this perspective there is no past or future.*

*As this is true for starlight, so is it true for human consciousness. We exist at all times only in the present. When we miss something from our past or when we think about our future, these activities occur to us only in the present.*

*This idea of "present time" can be discussed in scientific as well as philosophic terms. In daily life the philosophical term for the things that we are aware of is "Illusion being". This, as we have seen, means that everything we see is changing continuously and that we are aware of the form rather than the essence of what we experience. In modern scientific terminology, we would use the words "Time" and "Space" to describe this experience.*

*Everyone understands that the things we experience happen "in" Time and Space. Now, as scientists understand more about the way our universe functions, they know that things actually consist of space and time and do not simply exist "in" them. This is not easy to understand because it does not seem to be supported by our daily experience. We walk outside in the morning. All we see and feel seems to be solid and real: the door we push open, the ground we stand on, the rose we cut to place on the table.*

*To understand why these things are not as we conventionally understand them we must change the way we look at them. First we need to understand the meaning of the terms*



*“Time” and “Space.” But comprehending even this is difficult because each term affects our understanding of the other in a fundamental way.*

*First let us look at Time. What we call Time is actually just the way we measure how space changes. Therefore, in truth, what we commonly refer to as Time does not exist. Space, which is constantly changing, however, does exist. And it is from our sense of space moving that we get our sense of time passing. Let us look at why this is so.*

*As we go through our lives, the sense of time passing is strong and seems real. Minutes, hours, days, weeks, months, and years--we seem to feel all these intervals passing as our body ages and our surrounding change.*

*Here is a concrete example that shows why this feeling exists--and why time itself does not exist. A person drives to a railroad crossing where a train is passing. He can count the train cars and feel the passage of time. But this way of counting is only a way of measuring the movement and speed of space changing; it does not measure any actual passage of time.*

*Without some way of measuring the movement of space, such as the train's passing, time would disappear. Even when one sits quietly, he has a sense of his body moving--the heart beating, the lungs expanding and contracting, the mind thinking. If there were no movement at all in the universe, there would be no sense of time passing (space moving) and time, therefore, would not exist.*

*Space moving is actually just another way to describe “illusion being.” Both mean that the appearance of all life forms is a nonstop changing speed. Of course, just because all things are “illusion being” does not mean that they are insubstantial “ghost-like” illusions as many Western minds imagine illusions to be.*

*In Buddhism, all illusion being can appear in six different ways. They are related*

*through our six senses and connected to our six consciousnesses''. The following chart shows how each consciousness functions to sense our surroundings.*

<b>CONSCIOUSNESS</b>		<b>BODY</b>		<b>SURROUNDINGS</b>
<i>Eye consciousness</i>	<i>uses</i>	<i>the eyes</i>	<i>to sense</i>	<i>brightness or darkness</i>
<i>Ear consciousness</i>	<i>uses</i>	<i>the ears</i>	<i>to sense</i>	<i>sound or silence</i>
<i>Nose consciousness</i>	<i>uses</i>	<i>the nose</i>	<i>to sense</i>	<i>openness or blockades</i>
<i>Tongue consciousness</i>	<i>uses</i>	<i>the tongue</i>	<i>to sense</i>	<i>taste or lack of taste</i>
<i>Body consciousness</i>	<i>uses</i>	<i>the body</i>	<i>to sense</i>	<i>contact or separation</i>
<i>Mind consciousness</i>	<i>uses</i>	<i>the mind</i>	<i>to sense</i>	<i>awareness or lack of awareness</i>

*This chart shows that the Buddhist thinking about consciousness encompasses a wider understanding of their function than they are usually given credit for by Western thinkers. For instance, when describing the eyes one would usually say that they see forms and colors. But Buddhism describes what they see as brightness or darkness. This is because all forms and colors can only be seen through light, which is brightness. Describing things only in terms of forms and color does not take this into account and it also overlooks the sensation of darkness. In Buddhism, darkness also can be seen. So it is with each sense. Rather than merely sensing a distinct object, each consciousness encompasses the fullest spectrum of sensation.*

*There is another Buddhism describes the relationship between consciousness and illusion being: Our world consists of four eternal qualities, which exist in the empty space with consciousness.*

*The four eternal qualities are wind and fire (which are energy) and water and earth*

*(which are materials). These four qualities are "illusion being" (which is space moving). The earth, solar system and galaxies are made up of the same four qualities. A human body is also united by these four qualities. Wind is the air that we breathe. Fire is our body temperature. Water is our circulating blood. (Ninety percent of our body is water.) Earth is our muscles, bones, ligaments, etc..*

*The four eternal qualities are united like the planets, solar system, and galaxies, which are all twisting in the pure empty space. Actually the four basic qualities and empty space are the same essence. Their essence is the pure illusion power. All things in the desire world exist as this pure illusion power. When this pure illusion power moves at a certain speed in an organized form (which will become the four qualities) these qualities unite to create all the life forms in existence. When this pure illusion power moves in the fast free speed without organization it looks like pure empty space.*

*In Buddhism, this type of pure empty space is different from the type of empty space, which does not move and is not made up of pure illusion power. Pure illusion power means moving speed power. The moving empty space and four qualities all come from this pure illusion power. But this pure illusion power moves in the non-moving pure existence. This type of non-moving pure existence is known as consciousness.*

*According to Buddhism consciousness has no form. Since it has no form, it cannot move. It can only feel the movement of pure illusion power (illusion being). Consciousness first feels the sense of "I" existing with a body. After that it continually feels the movement of its surroundings. This idea is difficult to grasp, because people generally think consciousness exists because we have a physical I (illusion being), since our physical I is continually changing so consciousness is constantly changing as well. This error occurs because we confuse our consciousness with our sense of awareness, a common mistake. Buddhism teaches that consciousness and awareness are two distinctly different things.*

*Let us look at the example of Eye Consciousness. Eye consciousness has the ability to see.*

*But the result of what we see is "awareness" and not "consciousness." Seeing awareness comes from a combination of the ability to see the tools of the eyes themselves, and the surroundings--light, darkness, and all kinds of forms. When these three conditions are united, one experiences "seeing awareness."*

*Because "seeing awareness" comes from these three parts, it is not any one of them but exists only when this combination is present. This awareness can be compared to fire, which arises from heat, oxygen, and wood. When these three things mix, the fire appears but fire clearly is not any one of these things by itself.*

*This is an important distinction to make because many students of Buddhism do not understand the difference between the sight awareness and the ability to see.*

*Let us continue investigating this issue by explaining why consciousness has no form. Looking at the example of Eye Consciousness we see that eye consciousness can be aware of any color or any form, which includes seeing through empty space. But can eye consciousness see itself? No. The reason why it cannot see itself is because the ability to see itself has no form.*

*It is also important for us to make it clear why we can be aware of empty space. In Buddhism even empty space has an existing form. If something has no form, it cannot be perceived. Thus all that can be perceived -- even something we commonly consider "empty" or "formless" -- must actually have a form.*

*The mysterious trick of life is that the essence of our consciousness--which is our awareness ability and constitutes our True Self-- has*

- *No movement. Because it has no speed to move it is not "illusion being" (the appearance of all life forms).*
- *No awareness. So there is no feeling, thinking, or acting.*

- *No brightness or darkness. So are no forms to see.*
- *No sound or silence. Therefore there is no way to hear.*
- *No smell or breathing. So there is no scent or breath movement.*
- *No taste. Therefore there is no sense of flavor.*
- *No touch or sense of separation. Since it doesn't move it has no form.*
- *No thinking or thoughts. Like a white piece of paper without any writing on it, the ability to think remains though there are no thoughts.*

*Consciousness is awareness ability. It is not the six senses (eyes, ears, nose, tongue, body and brain) nor their sense boundaries (brightness/darkness, sound/silence, openness/blockades, taste/lack of taste, contact/separation, and awareness/lack of awareness) or the result of our awareness.*

*One analogy for consciousness is that of a chalkboard. Any words or colors can be written on a chalkboard. That is because a chalkboard has the ability to be written on. The words or colors written on the chalkboard come from a combination of the chalkboard, the chalk and the person who does the writing. But these three are not the chalkboard. (Many people make the mistake of thinking that consciousness is not only the awareness ability but also the sense and what is sensed. This leads to the belief in the Individual I, which they see as being constituted of these awareness' and thoughts.) The chalkboard can become so filled with writing that we can make no sense of anything written on it. But the chalkboard also has the ability to be cleaned off and to receive new writing. Our awareness ability (consciousness) works similarly. It can become cluttered so that no sense can be made what it holds, but it too has to stay empty to receive new awareness.*

*Another example which can help us understand more precisely, why consciousness (the awareness ability) is not the awareness (the result of what we are aware of).*

*The ability of water to make waves is not the actual wave itself. The wave appears and disappears, but the ability of water to make waves remains. The wave is the result of the*

*ability of the water to make waves. The same is true of our awareness. All of our awareness comes from our ability to feel and the things that exist (which are constantly changing as illusion being) to be felt.*

*Here is a simple diagram to illustrate the relationship between consciousness, illusion being, and emptiness.*

### **EMPTINESS**

The true essence of Dharma

The essence of consciousness and all life forms

Or the incredible eternal force

### **CONSCIOUSNESS**

The ability to feel and to be aware

The Four Developments(Receiving, Thinking, Acting Awareness)

The Six Functions of Consciousness(Eye, Ear, Nose, Tongue, Body, and Mind Consciousness)

### **ILLUSION BEING**

The appearance of all life form (space & time)

Everything we can be aware of as body and surroundings

The Four Pure Qualities Wind, Fire, Water, Earth within pure moving empty space

*He released all suffering and pain. By observing and being aware of the truth of life, Observing-Self-Being Bodhisattva released all pain and suffering. But how did he do it? There are three parts to we must examine to answer this question.*

*Suffering is one part, observing and being aware of the truth of life is one part, and employing the technique to release suffering and pain through observing and being aware of the truth of life is the third part.*

*As we noted above, life has two parts--Illusion being and consciousness--united as one. And we explained that the five developments (illusion being, receiving, thinking, acting, awareness) are empty. These all explain about observing and being aware of the truth of life. Still, we didn't explain clearly what suffering is. After we do this, we can try to understand the relationship between the two parts, which is the technique to release suffering.*

*What is the Buddhist idea of suffering? Suffering basically comes from going against the truth of life. Life contains three basic truths, which are called Three Eternal Dharma Truths.*

*The first Truth is: All the existing form of Dharma (the mysterious power of life) is constantly changing.*

*The second Truth is: All the existing forms of Dharma come from combinations of the other forms. So all the individual forms just appear to have individual forms. Truly they have no individuality.*

*The third Truth is: The essence of Dharma has no form. Therefore it always remains calm and unlimited. This is Nirvana--no beginning, no end.*

*How do people go against these three eternal truths and create suffering?*

*First, we suffer because we try to hold onto something that cannot be held. The first eternal Truth says that everything is constantly changing. Therefore, one can hold on to nothing. But when our consciousness is greedy we try to possess the things we are aware of. In addition to outside material things we have acquired in life, we try to hold onto our physical bodies. This, of course, is not possible. Because we insist on trying to achieve the impossible, we feel lost and insecure. To be aware we cannot hold onto even*

*our physical being makes us afraid. This fear is one kind of suffering.*

*A second way that we suffer is through our belief in having an "Individual I." In reality all individual forms come from a combination of constantly changing and moving speed and remain a combination of constantly changing and moving speed. But the feeling of our having an individual I contradicts the second Truth. Once we look at life from the perspective of an individual I, then we feel distance from everything and we try to protect this sense of individual I. When our individual I feel attacked we respond by becoming angry and hateful. These, too, are kinds of suffering.*

*A third way we suffer is through our ignorance of the Truth of Life. The essence of life has no form. This means that our awareness is unlimited. Because we are not aware of this truth, this limitation is called Ignorance or Blindness. All suffering comes from this ignorance. When we can truly be aware that our essence is unlimited, then we will no longer be locked into our limited awareness. Blindness awareness creates all kinds of limitations, which cause the deep insecurities and create all other kinds of suffering.*

*The suffering that we experience as human beings comes through four basic paths, through our physical sense, our desire, our emotion, and our intellectual sense.*

*1. The suffering of the physical sense: Buddhism teaches that physical suffering comes from the imbalance of the four eternal elements (wind, fire, water and earth). The cause of the imbalance comes from these three basic consciousnesses--Greed, Anger, and Ignorance. For example, when we eat too much or drink too much we get an upset stomach. When we get angry we become insensitive to our sense of balance and harmony. This can cause suffering through physical tension, stress, or as the result of a fight.*

*Physical suffering can also be divided into four parts: birth, aging, illness, and death.*



*Birth causes suffering because when a baby is born its first experience is a painful one--the change from the comfort of the mother's womb to the bright, loud, rough outside world. A mother also suffers during pregnancy and childbirth. For nine months she has to carry the heavy weight of the growing baby, and the actual childbirth is often very painful. Both these experiences are suffering. Birth is actually the root of all suffering. If we were never born we would not experience the suffering that accompanies living.*

*Aging causes suffering because as one ages he must constantly give his attention to learning how to adapt to new situations, whether he wants to or not. This constant need to grow, learn, and adjust causes one to lose his sense of freedom. As we age we also face more physical limitations. We must give up doing things we once found enjoyable. This, too, is a kind of suffering.*

*Illness causes suffering because it limits our body and our consciousness. Illness is a direct constant painful experience, whether it is a physical or a mental illness. When we are ill we are not free to do the things we wish to do.*

*Death causes suffering because it takes us into the unknown and destroys our feeling of being an Individual I. One does not have to die to understand the suffering of death. When we have an accident--if one falls from a great height or is hit by an automobile but still survives, for example--we can become conscious of a deep fear of dying. When we are well we generally try not to think about death or we quickly try to cover our fear. But this is not a wise way to learn the truth of life. To ignore or cover the fear does not remove it. By understanding why we have this fear and where it comes from we have a chance to truly release it.*

**2. Desire itself is suffering.** *The two most basic kinds of desire are those for sex and for food. Sex brings us into the world and creates the sense of Individual I. Eating keeps this sense of Individual I alive.*

*Buddha called the world we live in the Desire World because we cannot escape these two desires. In addition to the Desire World there are two other kinds of worlds-- the Energy World and the Consciousness World. In the Energy World one still feels a sense of Individual I but lives in an energy body form rather than a material body form. The body is created by all kinds of energy--lights, heat, etc.--without any material forms.*

*The Consciousness World has two levels. The first is called the Pure Consciousness World. In it one has no bodily form but still feels a sense of Individual I. This world is similar to the Buddhist conception of pure moving empty space, which is the form of pure consciousness. (Most people do not believe that empty space is alive, but Buddhists do. They call it "Incredible Consciousness of Empty Space." Taoists also describe empty space as being alive. The name they give to it is "Not Clear Existence Consciousness.")*

*The other consciousness world is the Bodhisattova and Buddha Consciousness. In this consciousness world there is no sense of Individual I. One exists without any form and with uncountable forms at the same time. Another name for this consciousness is "Incredible Buddha/Bodhisattova World." In the Incredible Buddha/Bodhisattova World the suffering that exists in the Desire World, the Energy World and the Pure Consciousness World disappears.*

*The Desire World arises from a combination of our physical sense, energy (Illusion Being), and consciousness. The Law of Desire governs it, (which is the law of constant change). The Law of Desire is the power of looking for something--sex, food, fame, money, and power. In our universe these are the strongest powers. In the energy world, looking for sex, food, fame and money lose their importance. Only the desire for power (to control others) remains.*

*Desire makes us work to attain the objects of our desire. This makes us slaves to these desires. We suffer if we cannot attain these things (this is the suffering of unfulfilled desire or longing) and we suffer if we get what we desire (this is the suffering caused by*

*our fear of losing these acquired things).*

*In Buddhism meditation, if we are unable to change our consciousness and release the power of desire (looking for something, even if the object of our desire is Nirvana), there is no chance we can transfer our consciousness to experience higher consciousness.*

*3. The suffering of being emotional. When we open our emotions with love we seem happy, but when we try to maintain this feeling we grow fearful of losing the sense of happiness. We fear losing the people we love, we can easily become jealous, and we suffer when we are separated from them. We also suffer when we have to be in contact with people whom we do not like but have to be in contact with because of our circumstances because this causes hateful emotions to grow.*

*4. The suffering from mentality. Thinking can help us figure things out and can help us to understand the Truth of Life from a logical point of view. But if we don't have control of our thinking, it can dominate our lives because it becomes a nonstop habit. This makes us feel tired, and we worry about all kinds of unimportant matters. Taken to the extreme, one can become mentally unbalanced and need professional care.*

*To release suffering one must first understand what suffering is. As we know, suffering has four different parts--physical, desire, emotion, and mental--but we have yet to find out where these four parts of suffering come from. To cure the experiences of suffering that arise from each of the four parts is a never-ending story. But it is possible to release suffering forever by curing the power that causes the four parts of suffering.*

*Buddha taught that all suffering comes from receiving the information of Illusion being but not being able to understand the truth behind Illusion Being. This is the state known as Blind or Ignorant Consciousness. In this consciousness, Angry and Greediness Consciousness are created. When we can understand what Illusion being truly is, then our consciousness will be changed from Greedy, Angry, and Blind Consciousness to*

*Wise, Free, and Compassionate Consciousness. This state of consciousness is unlimited joy without any suffering.*

*Why can we get rid of suffering if we change our consciousness to be aware of Illusion being properly?*

*We can release suffering in this way because when we are properly aware of Illusion being we can use our wisdom to overcome our ignorance. Because the power of Illusion being is the power of constant change, we can feel insecure if we don't know how to handle this power. Once we understand this power we can guide it with our wisdom. We can even become able to help other people to enjoy the experience of handling this power in a wise way without suffering.*

*For example, fire is a constantly changing power, which can be dangerous. It can consume our property and destroy our bodies if it is out of control or we don't use it correctly. But, used properly, fire can create many positive things--warmth, brightness, comfortable.*

*In Buddhism, they try to teach us to understand all Illusion being--not just some aspects of it--in the correct way and how to be free from it. If we can be free from the whole living existence, then we can experience an incredible unlimited joy which in Zen philosophy is called "enlightenment."*

*Here is the basic lesson this philosophy tries to teach: Suffering comes from our consciousness and it can be released from our consciousness. Incredible unlimited joy can then be discovered hiding in our consciousness.*

*What does it mean that suffering comes from our consciousness and can be released from our consciousness? As the second Eternal Truth tells us, suffering arises when our consciousness is focused on and experiences the world only from our sense of an*

*individual "I". When we can release this limiting sense of Individual I we can discover the incredible unlimited joy hiding in our consciousness? We can do this when our consciousness is focused on being aware of the essence of all the existing forms rather than on the sense of Individual I. Then you have discovered the unlimited true self, which is unbelievable, incredible happiness.*

*There is a famous analogy that illustrates how one can release suffering. It says that consciousness is like a pool of water that has a lot of dirt mixed in with it. How can we purify this water? If we try to shake the dirt from it, we just make it even dirtier.*

*The first stage of purifying it is to just leave it alone and not agitate it. The water will calm itself and all the dirt will sink to the bottom. This is called "calmness ability." We develop it by not fighting against anything in our living experience, including our desire, our emotion, and our intellect. But this doesn't mean we are to do nothing, like a lazy pig. It means we should work to keep everything balanced and harmonized.*

*How do we find harmony when we feel desire? There is a wise saying that helps show how to achieve this: "When it is gone into the past, don't miss it. When it has not yet appeared, don't look for it. When it appears, enjoy it without trying to hold onto it. Then let it go." If our consciousness can reach this stage, then our greedy desire will become Pure Open Desire always living in the present.*

*To find harmony in emotion means to be honest with your heart. This is easy to say but difficult to do. Deeply, our heart wants to be united with all things. But our greediness makes us build up a wall around our child heart. (When there is a wall around our heart it means that we cannot be open and honest with our heart.) This wall is intended to protect it from getting hurt and to hide the acquired things behind. But this wall keeps us from being honest with ourselves. Our heart carries many secrets of all kinds of relationships. It cannot be open and honest until it becomes too heavy for us to bear. Then it loses balance and feels anger or hatred toward our life and our selves. When this*

*happens our emotions are clearly not in harmony. When our heart can sincerely care for everybody and everything it experiences, then the Greedy and Angry Consciousness can change to pure open satisfied emotion. This is when our emotions are in harmony.*

*To find harmony in our mental life means that we must think while deeply and observe the truth of everything, and not just use our intellectual powers to play logic games. Once we can understand things clearly, our mind is satisfied and can stop thinking. All the worry and fear that comes from thinking with blind/ignorant consciousness changes into self confidence and we become satisfied with things the way they are. If we can continually observe the truth behind everything, then we can continually stay mentally calm. All the greedy, angry, and ignorant consciousness disappears.*

*When we are mentally calm like this, it is analogous to when the dirt sinks to the bottom of the water and the water becomes clean and pure. But even though the water now appears to be pure, it can become dirty again if it is shaken and the dirt spread from the bottom. If we want to purify the water we can heat it until it rises as steam away from the sediment at the container's bottom. This is the second stage of releasing suffering.*

*To attain this second stage one must develop four states of unlimited pure consciousness:*

- 1) Complete kindness without ego*
- 2) Complete compassion without excess emotion*
- 3) Complete joy without blindness*
- 4) Complete freedom without greediness*

*The way to train these four-unlimited pure consciousnesses is to develop the six characteristics of Generosity, Discipline, Patience, Concentration, Meditation, and Wisdom.*

*The third stage is the final stage. It is analogous to the water as steam, already purified. After this the only thing we have to do is guide the steam through a tube to a clean*

*container. Then we will see the water clearly, without the impediment of the dirt particles. In our daily life this means that we can see the essence of life clearly.*

*After we have trained the first two stages, we can develop a very strong awareness ability, which allows us to understand the essence of all life forms. To do this we have to learn how to use our six senses in a different way. Normally when we use our senses our consciousness is only aware of the many life forms (Illusion Being). Now we can use our awareness ability to observe the essence of awareness ability itself rather than the forms it previously concentrated on.*

*The fastest way for human being to develop this observing ability, with which they can be aware of the essence of life, is to develop the sense of listening as Buddhism describes it. It is the technique used by Observing-Self Bodhisattva. One can use this observing self-technique with any of the sense, but the simplest awareness to develop is the Ear Consciousness through listening to life's sounds.*

*What we hear can be divided into two basic categories--silence and sounds. The difference between Observing Self Bodhisattva and "regular people" is that he has opened his listening ability very sensitively to all sounds and silence and his consciousness is no longer locked into hearing only one particular sound.*

*He no longer follows any individual sounds or silence, but is aware of all the different kinds of individual manifestations and he knows that they exist as a pure illusion power. They connect to each other and influence each other. The sound of sadness is connected to the sound of joy and changes into the sound of anger and then again into the sound of joy.*

*All kinds of sounds and their accompanying feelings constantly change to meet various different purposes. But each listening person falls into the same trick--the law of desire, which is always looking for something to satisfy its hunger, governs each. Each time one desire is satisfied a new one arises in its place. All the sounds and silence of life together*

*make our consciousness fall into non-stop blind desire. People desire more and more sound/silence and feeling. But no one who is ruled by this desire can know what he is really looking for.*

*Each person has a chance to get what he wants. Life is eternal, constantly changing, and offers a billion lifetimes of rebirth possibilities. But the true self (which is the listening ability) has been lost. It is lost in the constantly changing movements, in being insecure, in the appearances of all the individual forms.*

*The sound of a hero laughing of his victory is connected to the death moan and the death moan is connected to the innocent baby's screaming. All of these sounds (and the silence between) are the music of life. They are the illusion being power existing. This power itself doesn't laugh, doesn't cry, or make any sound. It doesn't even make the sound of silence.*

*In all this ceaselessly changing power, there is one thing that doesn't change--the power of listening and the one who observes the sounds of life. This observer is not the sound or the sound of silence. It is the mysterious awareness ability, and it has no form. Once the listening ability is no longer concentrated on anything at all, it becomes free and aware that everything is illusion.*

*That is what Observing-Self Bodhisattva does. He listens patiently--without any sense of an individual I--to all the sounds and silence. Because he doesn't judge anything from the perspective of an Individual I, all sounds and silence become like a movie or a dream are revealed as illusion being.*

*Because Observing-Self Bodhisattva understands that sound and silence--and therefore all life--is illusion, he no longer holds onto anything except the awareness that the true self being exists with the listening ability. The essence of the listening ability has no form but exists eternally and purely with an open heart. It is aware all different kinds of life*



*sounds reach back to life's essence, which has no beginning and no end. It is aware all life illusion being exists in the unlimited form and sounds--which is Nirvana.*

*Life (all the existing power together) is incredible as illusion being. Once our consciousness goes back to the essence itself (which has no form) then it can be completely free to be aware that eternal time and unlimited space exist and aware of itself, the pure empty consciousness without any form. There is no limit to form or possibility. There is no limit to awareness.*

***Bodhisattva released all suffering and pain.** This means that he changed his consciousness from that of the three poison consciousness--Greedy, Angry, Ignorant--into the four unlimited pure consciousness'--Complete kindness without ego, Complete compassion without excess emotion, Complete joy without blindness, and Complete freedom without greediness--and developed the six spiritual characters--Generosity, Discipline, Patience, Concentration, Meditation, and Wisdom. He has reached the highest stage of meditation, where he is able to use the developed consciousness awareness ability to be aware of the essence of all life's forms, which is incredible unlimited happiness. Discovering this incredible unlimited happiness releases all pain and suffering.*

**Buddha said to his student: Sir Li Tsö, Illusion Being (the body and its surrounding) is not different than Emptiness, and Emptiness is not different than Illusion Being. Illusion Being is Emptiness, Emptiness is Illusion Being. Receiving, thinking, acting, and awareness are also Emptiness.**

**He continued: Sir Li Tsö, the essence of Dharma has no form, never appears nor disappears, is not dirty nor clean, and is never added to nor subtracted from.**

**Because this is so, Emptiness (the true essence of Dharma) has:**

**No Illusion Being**

No Receiving, thinking, acting, and awareness  
No eyes, ears, nose, tongue, body, or mind  
No form, sound, smell, taste, touch, or Dharma  
No limit to the awareness of seeing, hearing, smelling, tasting, touching,  
or thinking  
No blind awareness  
No aging and death  
No suffering, acquiring, destroying, or learning  
No wisdom and nothing to get

Because he becomes aware that the truth of life is Illusion Being, he understands that there is nothing to get from life. Then, as Bodhisattva, he helps people become aware of the truth of life.

From deep awareness of the truth of life, his heart becomes free. Because his heart is free he has no fear and is awakened from dream illusions. Thus, he reaches Nirvana.

Because all Buddha's develop completely the Por Ler wisdom to observe and be aware of the truth of life, they reach the development of limitless complete awareness.

This is why Por Ler Bor Lour Me Duo Shing Ching is:

The philosophy to reach Buddha Consciousness;  
The philosophy of unlimited bright awareness;  
The highest philosophy of the truth of life;  
The philosophy that explains how incredible the truth of life is;  
The philosophy that can release the suffering from any form of life;  
The philosophy of complete truth without blind awareness.

**So the meaning of Pour Ler Bor Me Duo Shing Ching is to help people become aware of the truth of life. Truly, it is to help people become aware of the truth of life.**

**Pour Ler Bor Me Duo Shing Ching is the philosophy to help people most quickly develop complete unlimited awareness.**

## **ABOUT THE AUTHOR**



*Forever Wisdom*