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Intro



This book is all about the ability of mankind to transform.

The definition of transform is as follows.

to change in composition or structure

to change the outward form or appearance of

to change in character or condition

to cause (a cell) to undergo genetic transformation

I call this present era the evolution revolution of man. Mankind is slowly waking up from its slumber. So much interesting wisdom is being brought forth from the past and present.

Currently, I've been fascinated by Buddhist wisdom. Buddha in my eyes was the best psychologist ever. Mind you he didn't call himself that. The term came centuries later. But Buddha understood the mind more than anyone else.

This book will talk about the fifty-one mental factors. To transform we must have a reference point to transform.

The Buddhists have fifty-one mental factors to take a look at. I'm going to try to bring this wisdom down to simple and easy-to-understand. The Buddhists can be very intellectual.

The wisdom is there. I love to make things super easy to understand. I may not get the entire theory yet I get the wisdom behind it.

I've been a software engineer for many moons. I have built many complicated systems. By building simple objects and combining them into a software program

it can become quite sophisticated. All of my software projects were built this way. Simplicity is the key. Come with me on this incredible journey. This is the ultimate video game. You have been playing this game for eons. The goal is to be conscious and aware.

Transform

The definition of transform is as follows.

to change in composition or structure

to change the outward form or appearance of

to change in character or condition

to cause (a cell) to undergo genetic transformation

What if I told you that the wise men from the past talked about transforming themselves?

This is the goal of human life.

The great tools of transformation have always been there.

Like any tool, if you don't use it, it will not benefit you in any shape, way, or form.

Using a tool helps one to transform.

We are all on the treadmill of life.

The mystics decided a long time ago to get off the treadmill.

By doing so one discovers the jewel within.

This path is the most practical path.

One must have his feet on the ground and his head in heaven.

Being conscious and aware is the key.

The more conscious you are the more practical you can be.

In this video game of life, the purpose is to transform.

Life gets bored playing at the same boring level.

Currently, humanity is playing at the same level for a long time now.

Wars have never solved anything.

They have just caused extreme suffering on the land.

Millions of innocent people have been killed due to man's wars.
War is one word I would love to delete from the human dictionary.

It should be struck out.

Yet it's so easy to start a war.

It doesn't take much.

Just a person who has a pet peeve can start one.

We are pulling out of Afghanistan after twenty years yet utter chaos still exists.

We leave the country worse off than it was twenty years ago.

Each one of us can transform if we want.

The only thing that is stopping us is our apathy.

The video game of life



One of my favorite expressions is “You are the universe. You just don’t know it”. What a powerful expression. Does that excite you at all? We are so much grander than we think.

Most people would probably say I don’t believe it. I have been meditating for many moons. In fact, since day one I have loved to meditate. My intuition tells me this is true. Wherever I go this experience goes with me.

In the beginning, I would meditate on God. After some point in time, God meditates on me.

The same energy that is made up of the universe lies inside of me and I’m aware of that. The energy is pure kindness. This energy is pure love and compassion.

This energy is our true nature. You see we don’t die. We are eternal. Our bodies will die yet we will live forever.

Meditation is the link between man and the universe. Imagine having a URL to God. If you don’t have that URL you can’t go to that website. But if you enter that proper URL in your browser and hit enter, presto you are at that site.

Meditation is the URL that you enter into the browser of life. Mind you this web page is always changing. It is not a static site. All the knowledge of the universe lies there.

But to tell you the truth the main key is to transform yourself and become a better person.

It’s like taking a shower. This is not just an ordinary shower. This is a shower of kindness. This is a shower of love and compassion. This is a shower of patience.

Slowly, I mean slowly one transforms. One begins to pull the negative weeds within. Weeds such as anger, greed, war, and on and on and on.

Nobody gets a free ride in life. Everyone is responsible for their actions. We must be conscious and aware of every moment of our life.

Life is like a video game. At each level, you play the game becomes more interesting and exciting.

Imagine life throws you a curveball. Someone says something to you that you don't agree with. We see this all the time. Just look at people flaming each other on Facebook.

Now think that in this video game of life the pitcher throws a curveball your way to see how you would react.

If you react and flame someone you get a strike. If you don't react and simply smile with kindness you hit the ball out of the park. You then go to the next level in the game of life. This person loves to play video games and is aware of the steps he takes day in and day out.

We have never been trained in this game. We have never been taught that this video game of life exists inside of ourselves. We just constantly react to situations. We are like a ship without a rudder.

The goal of this video game is to become like the universe. The universe is kind. The universe is love and compassion. The universe doesn't judge us.

The universe doesn't say look at how many strikes are against us. The universe says you have free will so why judge? Yet this video game of life provides all the necessary levels where you know this is a divine game.

Bugs Bunny once said, "Don't take life so seriously because you will never get out of it alive". I like that. Don't take life so seriously. Be like the sun in the sky. Just shine. Don't react to every situation.

Yet when dear old Bugs said you will never get out alive the great video masters of old have a different story. They said you could be aware of your true nature while you are alive. Big difference.

When I was young I was scared to death of dying. I was told when you die that you simply vanish and never become aware again. I didn't like that story. So I have spent many moons pursuing this answer.

To be frank I still don't want to die. I love this place. Yet in my experience, I'm bringing heaven down to earth. Heaven lies inside of us. It's not a place we go to. Heaven is a state of mind.

Depending on how we are proactive and aware or simply reacting in this video game of life will correspond to our state of mind. People ask me why I love Eastern thought. Well for one the Buddhists have been talking about a crystal clear mind for over three thousand years.

In the West, it was only in the mid-eighties did universities gave a class on subjects like happiness. Buddhist have been talking about this since day one.

I'm not saying you have to be a Buddhist. I'm not. I adore all religions. There is a thread that ties all religions together. It is the thread of love.

I'm just saying that in the west we need to become more aware of this video game of life, The world needs us to step up and consciously be aware and play this game with a sense of knowingness.

For example, it's a little dangerous in this video game of life when our President tweets at three o'clock in the morning. He ridiculed little rocket man. My button is bigger than your button.

These kinds of words can lead to nuclear war. Our words and actions can either bring heaven to earth or a modern-day hell. Just take a look around the world today. We need to be aware and as my friend, Bill Cunningham told me we need more respect in this world.

We are all in the same boat together. We either sink or swim. We need to be more tolerant, kind, and respectful of each other. Mankind needs to be a kind man. That's the most difficult thing in life. Look at all the conflicts and wars around the world. It's so easy to flare up with anger. It's so easy to put gasoline on the fire. Yet to act with kindness in the face of adversity is the most difficult thing to do.

You are a piece of the puzzle in life.

Dog training for the mind



Well, we just transformed the title. During my morning meditation session, I got a message to change the book title to dog training for the mind. I'm going to try to make this book as simple as possible.

I'm trying to drop out all Tibetan names and just use simple English. I remember as a kid reading books like this I needed a dictionary to decipher the meanings. Unfortunately, there were many terms in foreign languages.

We all understand training a dog. You buy a puppy and learn quickly the dog needs to be trained. Nobody loves a constant barking dog. The dog needs to be trained to do many things.

So we train our dogs. Yet for thousands of years, mankind has not trained its minds. Look at the world today. I wouldn't call this an example of a disciplined mind. Look at our politics today. Truth is fiction and fiction is truth.

This book talks about the fifty-one mental factors of the mind. We were never taught this in schools. The Buddhists have been studying this for well over 2,500 years. It is part of their culture.

Yet it's only since the mid-eighties did western scientists study happiness. Most of the mental health was talking about all the negative aspects of the mind. The more we understand the mind the easier it is to train it.

We see the results of an undisciplined mind. Our previous administration demonstrated quite well. Note we are not talking about politics here. We are talking about the necessity to have a disciplined mind. Most wars have started this way. Our current world situation being in chaos stems from an undisciplined mind.

I say over and over that the spiritual path is the most practical path. One learns to discipline the mind in all areas. Mankind lives like leaves blowing in the wind. One who has a disciplined mind lives in the center of the hurricane.

Come and let's learn about dog training for the mind.

Kudos



Recently I have been interested in the various mechanics of the mind. I knew that the Buddhists were experts at this. I found this document on the internet. ¹

My baseline information came from this document. I was very impressed by it. I took this document and added some of my own commentary to it. This is from their web page.

Tushita Meditation Centre

Tushita is a center for the study and practice of Buddhism from the Tibetan Mahayana tradition. We're located in Northern India, in the forested hills above the town of McLeod Ganj, Dharamsala – the seat in exile of His Holiness the 14th Dalai Lama. I'm not sure who wrote this document. The Tibetans have been using this document for centuries.

Dear Tushita Meditation Centre

Recently I have been interested in the various mechanics of the mind. I knew that the Buddhists were experts at this. I found this document on the internet. ²

My baseline information came from this document. I was very impressed by it. I took this document and added some of my own commentary to it. This is from your web page.

[Mind_and_Mental_Factors-2013.pdf \(tushita.info\)](#)

¹ [Mind_and_Mental_Factors-2013.pdf \(tushita.info\)](#)

² [Tushita is a Tibetan Buddhist Meditation Centre in Dharamsala, India, open to all.](#)

Could you please tell me who wrote this wonderful document? I would love to give the author credit. Any background info would be appreciated. I'm including the PDF and audio for this book. It's a book in progress. I publish my work for free. I would love to do a zoom session someday if you are open to it.

Links

Audio

[Dog training for the mind \(johnfranklinfletcher.com\)](http://johnfranklinfletcher.com)

PDF

[Transformation.pdf \(evolutionrevolutionoflove.com\)](http://evolutionrevolutionoflove.com)



Fletcher Soul Traveler

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Richard Fletcher

Fifty-one Mental Factors



As mentioned below in the chart, there are fifty-one mental factors that are divided into six categories:

1. The five omnipresent mental factors
2. The five object-ascertaining mental factors
3. The eleven virtuous mental factors
4. The six root afflictions
5. The twenty secondary afflictions
6. The four changeable mental factors

Fifty-one Mental Factors

Mental factor	Description	Function
Omnipresent mental factors (5) kun'gro		
Feeling (tshor ba)	It has the characteristic of experience (pleasant, unpleasant, and neutral)	It experiences individually the fruitional results of virtuous and non-virtuous actions.
Discrimination (‘du shes)	Apprehends, upon the aggregation of an object, sense power, and a consciousness, the uncommon signs of an object.	
Intention (sems pa)	Moves and directs the mind that accompanies it to its object.	Engaging the mind in virtue, non-virtue, or the unspecified.
Contact (reg pa)	Distinguishes its object – upon the aggregation of object, sense power, and mind – as pleasant, unpleasant, or neutral in accordance with subsequent feelings of pleasure, pain, or neutrality.	Acting as a support for feeling.
Attention (vid la byed pa)	Directs the mind accompanying it to a specific object of observation.	Holding the mind to the object of observation.
Object-determining mental factors (5) yul nges		
Aspiration (‘dun pa)	Observes a contemplated phenomenon and seeks it.	Acting as a support for making effort.
Belief (mos pa)	Holds an ascertained thing to be just the way it has been ascertained.	Non-captivation.
Mindfulness (dran pa)	Non-forgetfulness with respect to a familiar phenomenon.	Non-distraction.
Meditative stabilization (ting nge ‘dzin)	One-pointedness of mind with respect to an imputed object.	Acting as a support for knowledge.
Wisdom (shes rab)	Individually differentiates the characteristics, faults and good qualities of things that are to be examined.	Overcoming doubt.
Virtuous mental factors (11) dge ba		
Faith (dad pa)	A conviction, clarity, and wishing with respect to an existent that is endowed with excellent qualities and power.	Acting as a support for aspiration.
Shame (ngo tsha shes pa)	An avoidance of misdeeds on account of oneself.	Acting as a support for effective restraint from misconduct.
Embarrassment (khrel yod pa)	An avoidance of misdeeds on account of others.	same as shame
Non-attachment (ma chags pa)	A lack of attachment to cyclic existence and the articles of cyclic existence.	Acting as a support for non-engagement in misconduct.
Non-hatred (‘she sdang med pa)	A lack of malice with regard to sentient beings, suffering and the sources of suffering.	same as non-attachment
Non-ignorance (gti mug med pa)	A knowledge of individual analysis that can serve as an antidote to ignorance.	same as non-attachment
Effort (brtson ‘grus)	The mind that is enthusiastic about virtue	Fulfilling & accomplishing the class of virtue.
Pliancy (shin tu sbyangs pa)	A serviceability of mind and body such that the mind can be set on a virtuous object of observation as long as one likes.	Eliminating all obscurations.
Conscientiousness (bag yod)	A cultivation of virtuous qualities within abiding in non-attachment, non-hatred, non-ignorance, as well as effort, and guards the mind against contaminations.	Thoroughly completing and fully establishing all mundane & supramundane success.
Equanimity (btang snyoms)	An evenness of mind, a dwelling in a neutral state, and a spontaneous abiding discordant with the afflictions.	Not allowing an opportunity for afflictions.
Non-harmfulness (rnam par mi ‘tshes ba)	A compassionate attitude, included as part of non-hatred, which is patience devoid of intention to injure.	Not inflicting injury.

Root afflictions (6) <i>rtsa nyon</i>		
Attachment (<i>'dod chags</i>)	A mental factor that perceives a contaminated thing to be attractive by way of its own entity and thereupon seeks it.	Producing suffering.
Anger (<i>khong khro</i>)	A malice towards sentient beings, suffering, and phenomena that are sources of suffering.	Acting as a support for not abiding in contact and for misconduct.
Pride (<i>nga rgyal</i>)	Pride depends on the view of the transitory collection as a real I and has the aspect of a puffing up of the mind upon observing one's own wealth, qualities, youth, and so forth.	Acting as a support for disrespect and suffering.
Ignorance (<i>ma rig pa</i>)	The mental factor of unknowing that is obscured regarding the mode of abiding of all phenomena. [Two types: (1) obscuration that is the mental factor of unknowing and (2) an awareness that apprehends erroneously]	Acting as a support for the arising of wrong ascertainment, doubt and afflictions with respect to phenomena.
Afflicted doubt (<i>the tshom</i>)	A two-pointedness of mind with respect to the four noble truths, actions and their effects, and so forth.	Acting as a support for not engaging in the class of virtue.
Afflicted views (5) (<i>lta ba nyon mongs can</i>)		
1) View of the transitory collection (<i>'jig lta</i>)	An afflicted wisdom that observes the appropriated aggregates and apprehends them to be a real I and mine.	Acting as a support for all views.
2) View holding to an extreme (<i>mthar lta</i>)	An afflicted wisdom which observes the self that is held by the view of the transitory collection and apprehends it to be either permanent or annihilated.	Hindering definite emergence by means of the middle path.
3) Conception of a [bad] view as supreme (<i>lta ba mchog 'dzin</i>)	An afflicted wisdom that observes other bad views and the aggregates, the locus in dependence on which they arise, and holds them to be supreme.	Acting as a support for strongly adhering to bad views.
4) Conception of [bad] ethics and modes of conduct as supreme (<i>tshul khrims dang brtul zhugs mchog 'dzin</i>)	An afflicted wisdom that observes: bad ethics and modes of conduct and the abode of bad ethics and modes of conduct – the five appropriated aggregates – to be purifying, liberating, and delivering	Acting as a support for fruitless fatigue.
5) Wrong view (<i>log lta</i>)	An afflicted wisdom which views the cause and result of actions, past and future lives, and so forth as non-existent.	Severing roots of virtue, holding tightly to roots of non-virtue, and acting as a support for engaging in non-virtue and not engaging in virtue.

Secondary afflictions (20) nye nyon		
Belligerence (<i>khro ba</i>)	A malice that wishes to harm, by striking and so forth, when any of the nine bases of malice abides nearby. It is involved with anger.	Acting as a support for taking up weapons, punishing, etc., and preparing to injure others.
Resentment (<i>khon du 'dzin pa</i>)	A mind that, refusing to let go of a continuum of anger, wishes to harm or retaliate. It is involved with anger.	Acting as a support for intolerance.
Concealment (<i>'chab pa</i>)	An awareness that wishes to hide faults through the force of ignorance when another person, such as a spiritual guide, benignly points out one's faults. It is involved with ignorance.	Acting as a support for not abiding in contact with regret.
Spite (<i>'tshig pa</i>)	A wish, through the force of belligerence and resentment, to speak harsh words out of ill-will to another who has pointed out a fault. It is involved with anger.	Acting as a support for rough violent speech, to increase that which is non-meritorious, and not abiding in contact [with happiness].
Jealousy (<i>phrag dog</i>)	A deep disturbance of mind that cannot tolerate another's marvelous attributes or success due to strong attachment to gain and honor. It is involved with hatred.	[Causing] mental unhappiness and of not abiding in contact [with happiness].
Miserliness (<i>ser sna</i>)	A tight holding onto possessions without letting them go through the power of strong attachment to gain and honor. It is involved with attachment.	Acting as a support for non-diminishment of possessions.
Deceit (<i>sgyu</i>)	A pretension of having good qualities, whereas one does not, through the force of strong attachment to gain and honor. It is involved with attachment and ignorance.	Acting as a support for wrong livelihood.
Dissimulation (<i>g.yo</i>)	A wish to hide one's faults from others through the force of attachment to gain and honor. It is involved with attachment and ignorance.	Hindering the acquisition of perfect instructions.
Haughtiness (or self-satisfaction) (<i>rgyags pa</i>)	A joy and mental happiness upon seeing one's own good health, youth, signs of long life, or contaminated success. It is involved with attachment.	Acting as a support for all [root] afflictions and secondary afflictions.
Harmfulness (<i>rnam par 'tshé ba</i>)	An unmerciful wish to harm other sentient beings. Involving anger, it is a lack of compassion as in wanting to harm or to cause others to harm, or in taking delight when seeing or hearing of harm to sentient beings.	Harming others.
Non-shame (<i>ngo tsha med pa</i>)	A non-avoidance of misdeeds on account of either oneself or the Dharma. It is involved with attachment, hatred & ignorance.	Assisting all [root] afflictions and secondary afflictions.
Non-embarrassment (<i>khrel med pa</i>)	A non-avoidance of misdeeds on account of others. It is involved with attachment, hatred and ignorance.	Assisting all [root] afflictions and secondary afflictions.
Lethargy (<i>rmugs pa</i>)	A heaviness and an unserviceability of the body and mind. It is involved with ignorance.	Assisting all [root] afflictions and secondary afflictions.
Excitement (<i>rgod pa</i>)	An awareness that, upon observing the attributes of the desire realm previously experienced, mentally scatters outwards to them and engages them with craving.	Hindering calm-abiding.
Non-faith (<i>ma dad pa</i>)	A non-conviction, non-clarity, and non-wishing of the mind with respect to virtuous phenomena. It is involved with ignorance.	Acting as a support for laziness.

Basic Program: Minds and Mental factors
TCL & GGBC, March 2007

Laziness (<i>le lo</i>)	A non-enthusiasm of the mind for virtue engendered by the comfort of lying down, etc. It is involved with ignorance.	Hindering application to the class of virtue.
Non-conscientiousness (<i>bag med pa</i>)	It is a looseness of mind that does not cultivate virtuous qualities and guard the mind from the afflictions and misdeeds. It abides with attachment, hatred, ignorance, and laziness.	Acting as a support for the increase of non-virtue and the decrease of virtue.
Forgetfulness (<i>brjed nges pa</i>)	An unclarity of mind and a forgetting of virtuous objects through mindfulness of objects of the afflictions.	Acting as a support for distraction.
Non-introspection (<i>shes bzhin ma yin pa</i>)	A wisdom that is concomitant with afflictions and engages unknowingly in activities of body, speech, and mind.	Acting as a support for infractions.
Distraction (<i>rnam par g.yeng ba</i>)	It is a scattering of the mind from its object of observation through the force of afflictions. It is involved with attachment, hatred, and ignorance.	Hindering separation from attachment.

Changeable mental factors (4) gzhan 'gyur

Sleep (<i>gnyid</i>)	A powerless withdrawal inside of the engagement by sense consciousnesses in objects. It depends on causes such as heaviness of body, weakness, fatigue, taking the figure of darkness to mind, and so forth. It is involved with ignorance.	Acting as a support for failing to perform (virtuous) actions.
Regret (<i>'gyod pa</i>)	In dependence on oneself having performed an appropriate or inappropriate activity deliberately or having been made to do so under duress, being remorseful about that activity which one subsequently comes to dislike. It is involved with ignorance.	Hindering the stability of the mind.
Investigation (<i>rtog pa</i>)	An inquiry into the rough entities of objects as well as their names. It is a coarse mind and depends on either intention or wisdom.	Acting as a support for abiding in contact and not abiding in contact.
Analysis (<i>dpyod pa</i>)	Analyzes with fine discrimination. It is a fine mind and depends on either intention or wisdom.	Acting as a support for abiding in contact and not abiding in contact.

Sources: Kachen Yeshe Gyeltsen, *Necklace of Those of Clear Awareness Clearly Revealing the Modes of Minds and Mental Factors*. Translated by Toh Sze Gee. Also Hopkins, *Meditation on Emptiness*.

The five omnipresent mental factors

The five omnipresent mental factors are:

- 1) Feeling
- 2) Discrimination/Discernment
- 3) Contact
- 4) Intention
- 5) Attention

These are omnipresent because they are always there with every mind

1) Feeling



What is a feeling? The Buddhists say that a feeling is a mental factor that experiences the object as pleasant, unpleasant, or neutral. They say it's impossible to comprehend an object without any one of these three types of feelings. Our feelings are what drive us. What we are feeling is the driving force

behind our physical, verbal, and mental actions.

A pleasant feeling induces attachment.

An unpleasant feeling induces anger.

A neutral feeling induces ignorance.

Meditation is the tool that unlocks the key to intuition. Intuition is the key that drives a being to make proper actions. Meditation connects one to the inner feelings of love and compassion.

There is a well within that we can tap into. One can learn how to transform inner feelings and bypass the external feelings of objects. This is pure alchemy. A wise man simply smiles at life.

He has nothing to prove. In this state, he has reached the state of being one with internal feelings. Meditation is the key to reprogramming the subconscious mind.

Feeling

The definition of feeling is the following.

noun

an emotional state or reaction.

"a feeling of joy"

Similar:

love

care

affection

fondness

tenderness

warmth

warmness

emotion

sentiment

passion

adoration

reverence

devotion

compassion

sympathy

empathy

understanding

concern

solicitude

solicitousness
tender-heartedness
brotherly love
pity
sorrow
commiseration
condolences

2.a belief, especially a vague or irrational one.

"he had the feeling that he was being watched"

Similar:

notion
inkling
hunch
fancy
apprehension
presentiment
premonition
idea
vague idea
impression
gut feeling
feeling in one's bones
funny feeling
sixth sense
adjective

showing emotion or sensitivity.

"he had a warm and feeling heart"

Similar:

sensitive

warm

warmhearted

tender

tenderhearted

caring

softhearted

sympathetic

compassionate

understanding

empathetic

responsive

receptive

intuitive

thoughtful

emotional

demonstrative

passionate

sensible

Wow just think if we could tap into these qualities in each and every moment.

The funny thing is it is possible.

2) Discrimination/Discernment



What is Discrimination? Discrimination is a mental factor that discerns the object. What this means is it can distinguish this object from other objects. The mind has a warehouse of all the known objects.

As a database, discernment serves as a search mechanism to find the particular objects that match these criteria. The

mind can distinguish one object from another. Usually, the subconscious mind is involved in using discrimination.

The goal is to develop inner discrimination through meditation. One can learn how to discern a person's lifestyle to be in harmony with the mind-body connection. There are many levels of discernment.

A human being who is focused internally advances many levels of refinement in this area. One goes from the dense level to the subtle level and ultimately to the very subtle level. These levels of understanding help one's progress on the path.

Discernment

Discernment is the ability to obtain sharp perceptions or to judge well.

Discernment is really needed in this world today.

Today our world has tons of spin doctors.

They spin the truth in whatever direction they want it to be.

To be quite honest discernment should be taught in schools.

So much that we are taught is incorrect or biased.

We spend our entire lives chasing a carrot on a stick.

Discernment is built-in yet the gauge doesn't quite work.

We are paying attention externally.

Discernment is a state of mind.

When the mind is focused solely on the external world cloudy vision occurs.

Man then has a tendency not to judge very well.

Our wisdom to judge something is tainted due to the glasses we are wearing.

When one truly resides in the present moment the glasses disappear.

The mystics of old call this clear vision.

Note this is a practical experience.

You may think that these are just words.

Yet there is a practical experience to have in your daily life.

The universe is open to you.

Are you open to the universe?

3) Intention



Dr. Joe Dispenza talks about intention a lot in his seminars. What is intention? The intention is a mental factor that moves or directs the awareness to the object. Mostly it's done by the subconscious mind. Our subconscious mind performs around 95% of our actions.

Our intention is mostly on the remote control. We can reprogram our intentions in our everyday life. Western scientists have come to the same wisdom as Buddhists. True intention leads one on this precious journey of discovering the jewel within.

Without proper intention, one could not take a step towards discovering one's true nature. I call everyday normal intention dense intention. It is the dense glue that binds us to our mental state of being.

Our intention binds us to objects. Whether these objects are beneficial or not our intention propels us to the object. Much like magnets do.

Intention

The definition of intention is the following.

1a: what one intends to do or bring about

b: the object for which a prayer, mass, or pious act is offered

2: a determination to act in a certain way : RESOLVE

3 intentions plural : purpose with respect to marriage

4: IMPORT, SIGNIFICANCE

5: a process or manner of healing of incised wounds

6: CONCEPT

especially : a concept considered as the product of attention directed to an object of knowledge

Without a proper intention, one will never discover the jewel within.

The jewel is there.

You are there.

Yet the jewel is still hidden inside of you.

The proper intention is the means to propel you to discover the jewel within.

It is the glue that binds us to higher states of mind.

Most humans have dense intentions which bind them to the five senses.

They are texting on the freeway of life oblivious of their true nature.

The wise man cultivates inner intention daily.

The fruits of his effort lead to enlightenment.

Ponder this over.

What is your intention in life?

What are you focused on?

4) Contact



What is contact? Contact is a mental factor that contacts or meets the object of awareness. To see any object with two eyes one must first make contact with your eyes to the particular object.

This is the contact with the eyes to any external object. Internal contact is using your internal consciousness to make contact with the state of emptiness which in reality is not empty.

This process brings one's awareness to the jewel that lies within. Moment by moment one can consciously contact this inner state of existence.

Contact

The definition of contact is the following

Noun

- 1.the state or condition of physical touching.
- 2.the state or condition of communicating or meeting.

Verb

- 1.communicate with (someone), typically in order to give or receive specific information.
- 2.touch.

What is the ultimate contact?

You may touch every object externally in the world yet you will still ultimately experience a void inside of you.

A wise man constantly touched the jewel within and get enlightened along the way.

5) Attention



What is attention? Attention is a mental factor to remain on a particular object. By doing so the awareness will be focused on the particular object. The world of concentration and mindfulness allows the mind to remain on a particular object.

Most human minds have poor attendance rates. The mind is focused for only a few seconds. It's like a laser that its light is diffused. When a person first starts to meditate one discovers his attention wanders to and fro. In the east, they call it monkey mind.

There is a phrase that the more attention one focuses on one becomes. One of my quotes I say a lot is in the beginning you pay attention to the universe. After a while, the universe starts paying attention to you. T

he Buddhists understand the power of attention and how to utilize it properly. Most of the world truly doesn't understand the power of attention.

Attention

The definition of attention is the following.

notice taken of someone or something; the regarding of someone or something as interesting or important.

Similar:

awareness

notice

observation

consciousness

heed

recognition

regard

attentiveness

curiosity

inquisitiveness

listen

be attentive

attend

concentrate on

concentrate on hearing

Where is our attention placed today?

Where are we as a society going?

When truth becomes fiction and fiction becomes truth we have lost the way.

Our minds have become scattered.

A scattered mind is like leaves blowing in the wind.

We can't see properly.

Our attention span is so short.

How can we solve the problems of today when we are texting on the freeway of life?

This should be common sense.

Yet our nation is divided.

I'm right and you are wrong.

That is the problem.

Our attention is to always blame the other person.

We see only a small piece of the puzzle yet we think we see the entire puzzle.

What are you going to do about this?

The five object-ascertaining mental factors



The five object-ascertaining mental factors are:

- 1) Aspiration
- 2) Resolve
- 3) Mindfulness/Recollection
- 4) Concentration
- 5) Wisdom

They are object-ascertaining because they realize their object or are induced by awarenesses that realize their object.

Aspiration

Aspiration

Aspiration is a mental factor that focuses on the desired object and takes a strong interest in it. It has the function to serve as the basis for enthusiasm. If one wants to go far on this spiritual path one must have aspirations.

One who is not developing enthusiasm will not go far on this path. This also goes with life in general. Enthusiasm is one of the main keys. One who is weak in this area will develop a weak mind. A weak mind will not get you far in life.

Aspiration

The definition of aspiration is the following.

noun

1.a hope or ambition of achieving something.

"the yawning gulf between aspiration and reality"

Similar:

desire

hope

longing

yearning

hankering

urge

wish

aim

ambition

expectation

inclination

objective

goal

target

end

object

dream

2.MEDICINE

the action or process of drawing breath.

One needs to be full of aspiration to live a fulfilled life.

When humanity punches the snooze button over and over that is a signal, my friend.

Our car is running on gas fumes.

We need to fill our tank.

What do you do when you are in this situation?

We all have those off days where if everything goes south.

How do you handle that?

Resolve

RESOLVE

The definition of resolve is as follows. Settle or find a solution to (a problem, dispute, or contentious matter). When this takes place the mind will not be distracted. Mindfulness is the process of resolving internal conflicts thereby cleaning the mind.

Resolve

The definition of resolve is as follows.

verb

settle or find a solution to (a problem, dispute, or contentious matter).

come to the conclusion

settle on a plan of action

noun

firm determination to do something.

When a person has a problem it's like a constant mosquito buzzing and harassing you.

It's an irritant.

You can't quite shake it off.

The only way to do so is to resolve the problem.

Easier said than done.

This is where the art of mindfulness comes in.

Mindfulness brings one to the center of the hurricane.

In that state, all irritations of the mind get resolved.

The problem may still be there yet it can't touch you.

This is why I say the spiritual path is the most practical path.

What can be more practical than get rid of the mosquito bites of the mind?

In a clear state and vision, one can overcome any curveballs thrown your way.

At times your problems define you.

You go around and around in your mind getting worried.

All this does is make you more stressed and uptight.

You're not a happy camper.

Who likes to sleep on the ground and be attacked by mosquitos?

The wise man has a mosquito-proof tent with a magnificent bed.

He sleeps like a baby at night.

Which one do you choose?

Remember you do have a choice.

You have free will.

Mindfulness/Recollection



Mindfulness is a mental factor that does not forget a familiar object and repeatedly brings it to mind.

It serves as the basis for concentration. The ancient ones used this state to recall they're true nature over and over again until they became it.

Mindfulness is the process and one of the tools for discovering one's true nature.

Mindfulness

mind·ful·ness

/ˈmɪn(d)f(ə)lnəs/

noun

1. 1.
the quality or state of being conscious or aware of something.
"their mindfulness of the wider cinematic tradition"
2. 2.
a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

I remember in the early 2000's I went to Phoenix Arizona for a business trip. Back then I was working for Charles Schwab. There were probably around a couple of thousands of employees attending the conference.

One day of the conference they had some classes that you could choose to attend. One of them was mindfulness. To be honest, at that time I heard of this Buddhist term yet I never understood its meaning. It was a great lecture. I was amazed that Charles Schwab even would present this topic.

Since then mindfulness has hit the mainstream. It's kind of a buzzword right now. You even see it on commercials on TV for selling products. But what is mindfulness?

According to this dictionary definition

a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Let's break this down a little.

A mental state is achieved by focusing one's awareness on the present moment.

How do you focus your awareness on the present moment? What is the present moment?

Does mankind ever truly connect to the present moment? Just think in the quantum field it is beyond time and space. Past, present, and future are one. The Buddhists have been studying mindfulness for thousands of years. They have been known to tap into

the quantum field for thousands of years. Mind you they didn't call it the quantum field. They might have called it enlightenment or a state of nirvana.

I remember about 15 years ago I read this incredible Buddhist book called Crystal Clear. This book talked about the various stage of enlightenment. Now, this could be a rumor.

I can't prove it but the Buddhist has some doubts about releasing this book to the public. This was utmost sacred wisdom. They decided to release it because the techniques were so simple. They involved concentrating on your breath. Mind you this is an ancient technique used in mediating practices all around the world.

But have we ever pondered "what is the power behind the breath that is keeping you and the universe alive"? The universe is conscious. I'm sure you think I'm a broken record when I say you are the universe you just don't know it. But that the truth.

When a person begins to learn how to meditate on his breath transformation start to occur in the mind, body, and soul connection. One is tapping into the quantum field. Mindfulness is a state of bringing that inner awareness into the present state of mind.

It's very subtle in the beginning. Mind you your circuits are slowly being rewired. I often say that in the beginning, you meditate on God. At some point in time, God begins to meditate on you.

You see the more attention you put on something the more attention is focused back to you.

Mindfulness is a state of being in the quantum field moment by moment. There are probably an infinite amount of stages of mindfulness.

Let's dive deeper into this definition.

a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique

Meditation is a stepping stone to calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. This is where we can truly rewire the body and mind.

When one is directed connected to the quantum field one's emotions are bliss, love, kindness, compassion, and gratitude. There are probably an infinite amount of positive emotions which we aren't even aware of.

Just think in this state thousands of positive chemicals are being released into your body. Moment by moment in meditation one has the opportunity to rewire our mind-

body connections to be in harmony with the quantum field. Every person on earth is hardwired for this.

For this to happen we must be aware. This is what the whole book is about. Our subconscious is 95% running the show. No wonder we have so many problems in the world today.

Mindfulness is a way out of this situation. You could say a being like Christ or Buddha learned how to be in perfect harmony with the quantum field. Yes, they didn't call it that back then.

They used different terminology. The essence is the same. This is just the tip of the iceberg on this discussion. Ponder this over.

Concentration



Concentration is a mental factor that remains single-pointedly on its object. It acts as the basis for the increase of wisdom and for bringing mundane and supramundane phenomena under control.

Mediation is a tool that allows one to develop single-minded attention to the jewel within.

Without proper concentration, one can't tune in to our true existence. There are infinite levels of concentration. They go from the densest to the sublime.

Concentration

Concentration is the action or power of focusing one's attention or mental effort.

In order to hit the bullseye in life, one must concentrate.

Meditation is perfect concentration upon a perfect point.

An incredible teacher said this many moons ago.

Mankind has the ability to focus on the quantum field.

The hardware and software have been there since your birth.

Unfortunately, we have been paying attention only to the external.

Mind you most of the time we are paying attention to our cell phones in life.

We are one more layered distance from our true nature.

Already our subconscious is running 95% of the show and now we created
another layer.

Wow.

How intelligent we are?

Look I'm not against cell phones.

Yet I see everyone looking down at their phones while walking.

People texting while driving.

The whole universe is alive and we are dead to it.

Now that's sad.

Are you happy with the state of the world today?

Only you can change.

Nobody can do it for you.

Wisdom ³



Wisdom is a mental factor that thoroughly discerns the positive and negative qualities of an object, its functions, characteristics, and so forth.

There are four types of wisdom: that which is inborn, that which is the result of listening (or learning), that which is the result of reflection/contemplation, and that which is the result of meditation.

³ [Mind and Mental Factors-2013.pdf \(tushita.info\)](#)

Wisdom

Wisdom comes in many different styles.

A man may have wisdom in his job.

He may be a software, Guru.

I love to cook.

Many chefs are full of cooking wisdom.

They know exactly what ingredients this dish needs and when to add them.

A politician knows exactly what time to deliver his speech.

He would never tweet at three in the morning.

He and his advisors would consult each other to deliver the news to the world.

One word can start a war.

You may have wisdom in business affairs but running the country is a different manner.

True wisdom is a combination of the inner and outer.

Without inner wisdom, you are like a chair without any legs.

You have no foundation.

You just speak whatever comes to your mind.

The wise man understands the power of words.

He knows he can spark a war or help create peace on this planet.

True wisdom would never think about building a wall between two countries.

This is so immature.

Christ had wisdom.

He would build bridges.

He understood the thread that ties us all together.

A man lacks wisdom when he mocks the handicapped.

A man lacks wisdom when he says "I can kill someone on the street and they would still vote for me"

If you said that fifty years ago you would be thrown in jail.

How about I can grab any woman by the pussy?

How about leaving the Paris Agreement?

Wow, only Syria and Nicaragua aren't part of this plan.

A man of wisdom would lead the way to clean up the planet.

We have garbage in our living rooms.

A man of wisdom would have shaken hands with the Prime Minister of Germany.

Where is his diplomacy?

There isn't any.

Unfortunately, we voted him in.

He called for Russia's help during the election process.

Well, they did try to intervene.

I hope America learns from its mistake.

We need a man of wisdom to run this country.

I pray that in the future we have a President who has both inner and outer wisdom.

How about King Solomon?

Now I would like that.

He would be a great choice.

Where are you, King Solomon?

There is a great position opening in four years.

The eleven virtuous mental factors are:



The eleven virtuous mental factors are:

- 1) Faith
- 2) Shame/Self-respect
- 3) Consideration (for others)
- 4) Non-attachment/Detachment
- 5) Non-hatred
- 6) Non-ignorance
- 7) Diligence
- 8) Mental pliancy
- 9) Conscientiousness
- 10) Equanimity
- 11) Non-harmfulness

When any of the eleven mental factors manifest, their concomitant main mind and other mental factors also become virtuous

1) Faith



Faith is a mental factor that serves as the antidote to non-faith and is of three types: the faith of conviction, admiring faith, and aspirational faith.

Faith of conviction assures people that their work matters. They know

that if they focus all their energy and attention in a determined direction, it will yield results. This belief does more than put people at ease—it creates a self-fulfilling prophecy of success

Admiring faith is a mental factor in which the object of faith is held to be particularly excellent and dear. It is an awareness that is endowed with joy and delight.

Aspirational faith is a mental factor that considers the object of faith to be attainable and is characterized by a strong aspiration to attain it. In general, faith is a state of mind free from the turmoil of mental afflictions.

It acts as the basis for generating aspirations to attain positive qualities that have not been generated yet and for increasing any such aspiration already generated.

Faith

With the faith of a mustard seed, you can move mountains.
What happens to you, you can be in a place where everything will be all right.

In times of trouble, God is there holding you in its arms.

This is not blind faith.

Faith builds day by day.

As the years go by you can see how God is part of your life.

You are never alone.

Lesions keep coming your way.

We can never say I've mastered life.

Life always has a curveball along the way.

Yet we do have faith.

We have the experience that we aren't alone.

We feel that movement by moment.

Faith will lead us along this path of life.

2) Shame Self-respect



Shame is a mental factor that refrains from non-virtuous actions for reasons concerning oneself (i.e.out of self-respect). It has the function of restraining harmful conduct of body, speech, and mind and serves as a basis for moral discipline.

Our previous administration completely was lacking in shame. A wise man constantly monitors his actions to be in a state of self-respect.

Shame

The definition of shame is as follows.

a painful feeling of humiliation or distress caused by the consciousness of wrong or foolish behavior.

We have seen recently politicians who have no shame whatsoever.

Therefore their actions are foolish and unkind.

One politician lied over 30,000 times since taking office.

Yet today many Americans think that the election was rigged.

Shame is a mechanism that a normal person takes into consideration before doing an unwise act.

One who does not have shame has no buffering process.

He will tweet what comes to his mind at 2:00 in the morning.

A wise politician will go over his Tweets with his advisors to make sure they are correct.

It seems like shame is slowly drifting away.

It is a central cornerstone in developing a proper state of mind.

When one only votes for the party line shame goes out the door.

Common sense goes out the door.

Truth becomes fiction and fiction becomes truth.

A healthy state of mind turns into a swamp.

We should be only voting for people who have stable minds and the ethical mind.

Those who say the attack on the Capitol Building was a walk in the park should be voted out of office.

This is a sign of a very unhealthy mind.

How can you govern with such nonsense?

They can't even feel any shame.

When this happens to the majority of a party disaster can happen.

Remember the eagle needs a healthy left and right wing to fly.

Passing laws is one of the functions of our leaders.

Probably the most important is mental and emotional stability.

Kindness is a lost art in our politics today.

Maintain your power at all costs.

Even if it means bending the truth into falsehood and bending falsehood into the truth.

At first, they don't believe what they are saying.

Yet by saying it over and over they become convinced of their lies.

Where did shame go?

3) Consideration (for others)



Consideration is a mental factor that refrains from non-virtuous actions out of consideration for others.

This mental factor is very similar to shame, except that it restrains one from engaging in negative actions by considering that if one were to commit a particular action, it would harm

others.

The Golden Rule is the principle of treating others as one wants to be treated. It is a maxim that is found in most religions and cultures. It can be considered an ethic of reciprocity in some religions.

The biblical rule of “do unto others as you would have them do unto you” (Matt. 7:12). is a state of mind that can be cultivated.

When one advances, in the video game of life one understands and is conscious to be considerate towards others.

Consideration

The definition of consideration is as follows.

noun

careful thought, typically over some time.

"a long process involving a great deal of careful consideration"

Similar:

thought

deliberation

reflection

contemplation

cogitation

pondering

meditation

musing

mulling

examination

inspection

scrutiny

analysis

review

discussion

attention

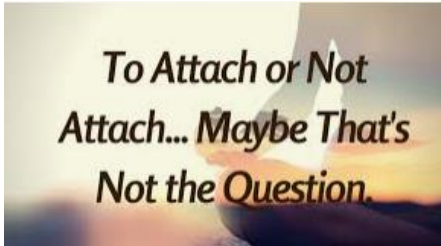
heed

notice

regard

The golden rule comes to my mind.
do unto others as you would have them do unto you.
This is the foundation for man.
Where has consideration gone?
Yelling, screaming, and flame-throwing have taken their place for millions.
No wonder we have so much chaos on this land.
Basic human virtues of the mind have been ignored and replaced with such
negativity.
Remember you are the company you keep.
Every moment you are programming your mind for the positive or the negative
state of mind.
Your mind and body are interconnected.
I think therefore I am.
That is the truth.
It's not just a theory.

4) Non-attachment Detachment



Non-attachment is a mental factor that is the opponent to the mental factor of attachment. It withdraws us from the compulsive grasping and clinging towards the objects of desire and from the wish to possess them.

Mediation

I once had a grand teacher who said mediation is perfect concentration upon a perfect point.

How elegantly said.

Imagine the mind is like a tuning fork.

Whatever it touches it vibrates at that frequency.

Have you ever felt that material happiness is finite?

Imagine the car you always dreamed of.

A yellow Ferrari.

In the beginning, it brings so much joy.

You take all of your friends around the block for a spin.

Day and night you are satisfied.

One day you notice that a little dissatisfaction has entered your door.

Day by day your yellow Ferrari becomes a hassle.

How many times to the shop?

I need an oil change.

My brakes need changing.

The transmission just went out.

Everything material wears out.

Material happiness will soon lead to pain.

Does this mean we can't enjoy the comforts of life?

Do we have to live the life of a hermit?

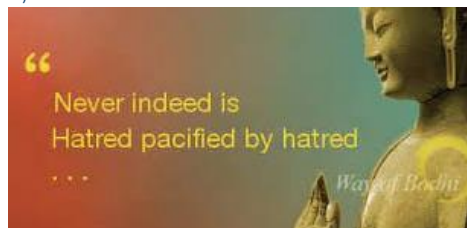
How can one live in this world and live in absolute joy?
Mediation brings an individual to the center of the hurricane.
The winds of change are blowing yet perfect calm resides inside.

This is your true state.

Absolute joy, total bliss.

Your mind is vibrating with the word of life.

5) Non-hatred



Non-hatred is a mental factor that is the opponent to the mental factor of anger and serves as the basis for increasing love and compassion. In general, there are three objects of anger: (1) someone who is inflicting harm on us, (2) the harm itself, and

(3) the instrument which harms us (e.g. weapons).

Upon recognizing one of these three things as the cause of our suffering we generate dislike for the object and become angry towards it. Non-hatred is the opposite response: without blindly reacting to the situation and maintains clarity of mind. This is characterized by love, kindness, and patient acceptance.

Mind you this is our natural state but we are so conditioned to get angry. One has to practice the art of meditation to develop love and compassion towards all. By discovering the jewel within one begins to slowly drop his anger.

Non-hatred

The definition of non-hatred is as follows.

Non-hatred is a consciousness lacking the intent of harm toward sentient beings, sufferings, and the sources of suffering. It has eliminated the generation of hatred.

That my friend is desperately needed in the world today.

There is a reason why the wise man simply smiles.

He has nothing to say or prove.

In that state of awareness, hatred is long gone.

Hatred or non-hatred is a state of mind.

It must be cultivated.

When you were born you didn't have a once of hatred in you.

The world around you taught you how to hate.

You took it to hook, line, and sinker.

It's not your fault.

Yet your must clear yourself of the hatred.

It does not serve you and the world.

It is putting more gasoline on the fire of life.

When one can see the inter-connectedness of all things one drops the hatred.

This is your true nature.

What happened?

Why as a society do we contain so much hatred?

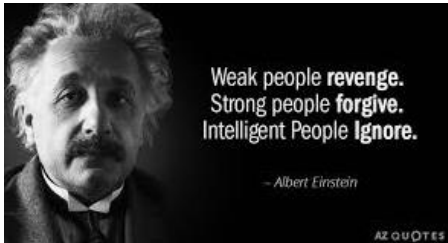
Is this serving any purpose?

Maybe it's time for internal housekeeping.

We have garbage everywhere.

Hatred has a putrid smell.
You can smell it a million miles away.
Love is the perfume of life.
It is the essence of all.
A wise man takes out the trash daily.
The dump trucks come and pick it up.
Over time one fully embraces the perfume of life.
By doing so sweet fragrance fills the air.
The mind, body, and soul are in harmony.
This my friend is your true nature.

6) Non-ignorance



Non-ignorance is a mental factor that is characterized by clarity and sharpness and that serves as the opponent to the mental factor of ignorance. It is itself not a form of wisdom but a lucid quality of awareness that accompanies wisdom and bears a relationship of similarity

with either enthusiasm or diligence.

Discovering your true nature brings clarity to one's life. It's like dusting off the mirror of life.

Non-Ignorance

The definition of non-ignorance is as follows.

Non-ignorance is a mental factor that is characterized by clarity and sharpness and that serves as the opponent to the mental factor of ignorance.

In reality, it is clarity in mind.

It is called at times crystal clear.

Ignorance is a lack of knowledge or information.

Major problems happen in this world when the majority of people forget their true nature.

Unfortunately, we aren't aware of it.

Because of this factor, we can't see what we can't see.

Then we say our awareness is normal and clear.

I find it funny how so few people want to understand the basic laws of the mind.

Why would I want to do that?

Yet your mind is the instrument to decipher wisdom and actions to take.

This is not a serious path yet it requires discipline.

A happy dog is a disciplined dog.

An angry dog is an undisciplined dog.

Proper training and discipline are needed to find the inner jewel.

One can never find true wisdom externally.

One can only find it inside of you.

That's where the buried treasure lies.

We have been taught to only focus on the external therefore we live in ignorance.

If this is not so why is there so much chaos alive today in this world?

Ask yourself what are we missing.

This knowledge has never been taught in our schools.
We are taught only to focus externally on our happiness.
Look where that has brought us today.
We are sawing off the branch we are sitting on.
Yet we can't stop it.
We need to send that text on the freeway of life.
We don't have time to change or think about our consequences.
My vacation is coming up.
I've planned this for a long time.
I don't have time to think about this.
What a waste of time!
Ponder this over.
Maybe we got this picture backward.

7) Diligence



Diligence is a mental factor that acts as the antidote to laziness and delights in engaging in virtuous actions.

Diligence is the joyous, enthusiastic, and dynamic quality of mind necessary to effectively accomplish any spiritual growth and understanding. Man's

tendency to be lazy brings him to a state of apathy. Apathy is a state where one hates waking up in the morning to a brand new day.

Diligence

The definition of diligence is as follows.

noun

careful and persistent work or effort.

Similar:

conscientiousness

industriousness

rigor

rigorousness

One must be diligent to have a healthy mind.

A person never can rest on your laurels.

Curveballs will always be thrown your way.

You will stumble and fall.

Just pick yourself up.

The goal is to quickly recover and go forth.

Nobody is perfect.

Yes, perfection lies inside.

Yet nobody is perfect.

We all make mistakes.

Laugh at yourself.

Have a great sense of humor.

Enjoy the ride.

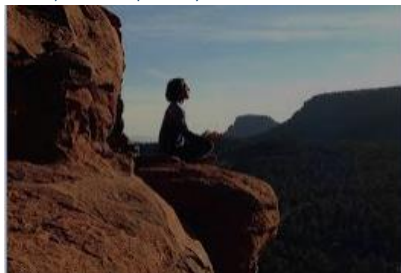
Be like a little child.

Don't be so serious.

Yet be diligent in your actions.

Don't give up the ship.
Just put your hand on the rudder.
Persistent diligence will sail you home.

8)Mental pliancy



The definition of pliancy is as follows.

adjective. bending readily; flexible; supple;
adaptable: She manipulated the pliant clay.
easily influenced; yielding to others;
compliant: He has a pliant nature.

To be honest this is probably the first time I have ever used this word.

Mental pliancy is a mental factor that eliminates mental and physical rigidity and thereby enables the mind to apply itself to a wholesome object in whatever manner it wishes. I

t makes the mind flexible and quick and serves as the basis for all meditations directly associated with mental stability and penetrative insight. Mental and physical rigidity is an inept state of mind and body that is characterized by mental and physical heaviness and the inability to do what one wishes.

One must learn how to be like a reed bending in the wind. Most of humanity has shallow roots so the winds of the mind can blow it over. Look at politics today. This is a perfect example of a society lost in being rigid. It's like a rigid statue. It can bend at all.

Pliancy

The definition of pliancy is as follows.

adjective

bending readily;

flexible;

supple;

adaptable:

It seems like our society is cast in stone.

We are rigid in life.

We can't see the forest from the trees.

Society is not flexible to new ideas.

Therefore our minds and bodies are stiff.

It is not supple.

We hold on to dear life to our points of view on life.

Anyone who doesn't have our point of view is our enemy.

It seems to be getting worse in our society.

Some say the Capital Building riot was a walk in the park.

Despite hundreds of videos some still say no violence occurred.

Truth is fiction and fiction is truth.

Our mental state is solid as a rock.

Mind you that's not a good state of mind.

In that state, it's impossible to be supple, flexible, and adaptable.

Humanity doesn't look at a person's state of mind.

The media only looks externally not the other way around.

Maybe it's about time to look seriously at the inner video game of life.

Currently, we are stuck at the chaos level with no end in sight.
Our mental chaotic state causes the world at large to be chaotic.

We are far from having a human society.

The word human means divine mind.

Man means mind.

We haven't even come close to training our minds.

Looks at the world around us and the world is spinning out of control.

Yet the inner jewel exists inside of you.

It's always been there, my friend.

Why are we in apathy when the solution is staring us in the face?

Master the video game of life and you will be a happy camper.

9)Conscientiousness



The definition of conscientiousness is as follows. The quality of wishing to do one's work or duty well and thoroughly." his conscientiousness is second to none and he regularly makes follow-up calls to ensure everything is going well"

Conscientiousness is a mental factor that cherishes the accumulation of positive actions and guards the mind against that which gives rise to afflictions. In dependence on diligence, it thus familiarizes the concomitant main mind and other mental factors with virtue and guards it against non-virtue.

In guarding the mind it is similar in some ways to shame/self-respect and consideration (for others), except that it is not based on a particular reason. Rather it is a mere fundamental protective quality.

This mental state should be embraced by the world today. It would help bring harmony in the actions of humans.

Conscientiousness

The definition of conscientiousness is as follows.

: the condition or quality of being conscientious

Apparently, the secret to happy, healthy adulthood is learning early on to deal with disappointment and developing character traits—persistence, curiosity, conscientiousness, optimism, and self-control—to surmount it.

– Deanna Pan

Not surprisingly, they have found that people are blessed with innate conscientiousness, meaning that they are organized and predictable, typically eat better, and live longer than disorderly people.

– Gretchen Reynolds

This trait is an incredible trait to cultivate.

When a person is conscious of his actions his life blooms like a flower.

His actions come from his heart and wisdom within.

Most of humanity is driven by the subconscious mind.

Over ninety-five percent of our actions come from it.

One can be innocent as a child and have great wisdom.

Great wisdom comes from discovering the jewel within.

A conscientious person blames no one for his problems.

His mind is calm and peaceful.

A person who hasn't developed this trait tends to live life out of control.

This person tends to grasp at straws.

It's like the engine of life is backfiring.

The spark plugs are not in synch.

Life is extremely challenging.

Remember the more you pay attention to something the more attention it will pay to you.

This trait can be cultivated over time.

Life is free-flowing yet we must pay attention to our thoughts and actions.

In every moment we must fine-tune the guitar of life.

To be an incredible guitar player one must make a great effort.

To master the guitar of life we must practice in each moment.

Mind you this takes an innocence of a child to do.

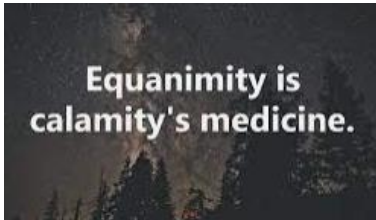
Yes, this is a paradox.

Life has many paradoxes.

Ponder this over.

It can and will take you far on this journey of life.

10)Equanimity



Equanimity is a mental factor that is the antidote to mental sinking and mental excitement. It has the function that keeping the mind balanced and calm without letting it become carelessly distracted or unclear and

dull. Also, it settles and leaves the mind to rest upon a wholesome object.

The wise person learns the state of equanimity. This brings balance to the mind, body, and soul connection. Yes, the Buddhists don't say soul but that is the closest word I have. A calm mind and a balanced mind bring tranquility to this world.

Equanimity

The definition of equanimity is as follows,

1: evenness of mind especially under stress

nothing could disturb his equanimity

2: right disposition : BALANCE

physical equanimity

Wow, have we ever as a society missed the mark?

This is the definition of sin to miss the target.

The opposite is the bull's eye.

I love the evenness of mind, especially under stress.

Did you know that anger creates over 1500 harmful chemicals in your chemistry set?

By the way that's your own body.

Stress harms both your body and mind.

Both of them are affected by it.

Over time disease is a state of being constantly stressed out.

No wonder when we get old so many people complain about their ailments.

Look I'm not saying you will never get sick but you can slow down the aging process.

Mystics have strived for equanimity for thousands of years.

The Buddhists have even documented the various state of mind of being tranquil.

Modern-day scientists recently have joined this ancient bandwagon.

Balance is the key.

Having the right disposition is the key.

It seems like Pantajali, the Buddhists, and Jains were right right.

A calm body and calm mind are the secret of life.

I was talking to a dear old friend yesterday.

Somehow we brought up the subject that human beings only see and hear only one percent of the light spectrum.

The universe is singing to us while we are texting on the freeway of life.

Isn't that ironic?

Brahmanand said

O seeker of truth, I have witnessed such a great wonder:

A well, suspended in the sky, from which ambrosia ceaselessly flows.
A lame person climbs to it without any ladder and drinks jugs of that nectar.
Gongs, conches, and kettle drums ring out without being played by anyone.
The deaf hear them and become ecstatic: they lose track of body and mind.

Up there is a palace without foundation, which is radiant with light.

The blind see it and are so overjoyed they can't stop talking about it.
In that place a person dies, yet continues to live, and has strength without eating food.

Brahmanand says that only a rare soul can understand his tale.

True equanimity exists inside of you.

You are the universe.

You just don't know it.

11)Non-harmfulness



Non-harmfulness is a mental factor that lacks any intention to harm wishes for sentient beings to be free from suffering. Therefore, non-harmfulness is equivalent to compassion, the pure wish that others may be free from suffering

Non-harmfulness

The definition of Non-harmfulness is as follows.

benign

harmless

innocuous

inoffensive

safe

non-dangerous

non-injurious

The intention is to create a safe and harmless environment for all.

There is a thread of love tying us all together.

When a person connects to this thread automatically a person's awareness is non-harmful.

One recognizes that in reality, we are all the same.

Yet when we focus only externally we can't see the true vision in life.

We create separation.

From a state of separation, we tend to get violent.

Anger is among this land.

For many people, anger is the norm.

Many people think it's funny to flame the other person.

They get a kick out of it.

Yet that is a violent act.

When we create division on purpose we are adding gasoline to the fire of life.

Many wise men understood this principle.

Unfortunately today it's a ghost shadow.

It's like we remember this concept but it is so far away from our mental reality.

It's like a silent whisper in the hurricane winds of the mind.

Presently it's very hard to hear.

We get bombarded with worldly and chaotic affairs of the mind.

Usually, the loudest gets paid attention first.

A silent whisper never gets paid attention.

I say common sense is uncommon.

Violence has hit the mainstream for a very long time.

The truth has been distorted.

Take the Capital Building riot.

Some say it was simply a walk in the park.

Truth has become fiction and fiction has become truth.

For many Americans, they are fading away from the truth.

The more you say this the more you will believe this.

The six primary afflictions ⁴



Asanga says in his Compendium of Knowledge. An affliction is defined as a phenomenon that, when it arises, arises with the characteristic of being disturbing, and that, through arising, disturbs the mental continuum.

Afflictions are mental factors and

mental consciousnesses whose function is to disturb or unsettle the mind.

Therefore, afflictions (such as ignorance, anger, attachment, jealousy, arrogance, etc.) not only induce contaminated actions, i.e. karma, that lead to future sufferings, but they also create problems the moment they manifest, for they immediately create mental agitation and destroy the mind's peace and tranquility.

Furthermore, the root cause of afflictions is ignorance (which is an affliction itself). More specifically, the ignorance that misperceives the "I" and "mine" or other phenomena to exist inherently is the root of all other afflictions and thus the main cause for their arising.

Ignorance creates mental agitation. At times it seems like a pesky mosquito constantly buzzing inside and biting you. For some humans, it's a state of utter despair. Why aren't we taught about this in schools? Maybe we are all neurotic in some shape, way, or form and we think it is normal.

Next follows is a brief presentation of ignorance.

⁴ [Mind and Mental Factors-2013.pdf \(tushita.info\)](#)

Ignorance



Ignorance is a mental factor and mental consciousness. In general, ignorance can be defined on many levels and thus there are various types of ignorance. One type of ignorance is the awareness that is a mere not knowing, a lack of understanding.

An example of this is the ignorance that does not understand how the engine of a car works or the ignorance that does not know the alphabet. It is confused and bewildered regarding these objects.

However, it is one of the most superficial or coarsest forms of ignorance. Another example is the mental factor that is confused and bewildered regarding the working of the law of cause and effect, the Three Jewels, and so forth.

The second type of ignorance is the awareness that is not merely confused about reality but actively misapprehends it (which includes the above-mentioned ignorance that apprehends inherent existence). It is a misconception that is opposed to what exists.

There are also various types of this kind of ignorance. Furthermore, there are numerous layers of ignorance in terms of coarseness and subtlety. Some of the subtlest types of ignorance are so subtle that we may not even be aware of them.

However, in general, ignorance that is a misperception or misconception is said to be of two types:

1. Superimposing misconception
2. Deprecating misconception

1. Superimposing misconception

An example of a superimposing misconception is the ignorance that misapprehends reality on the deepest level, that is, the ignorance that apprehends phenomena to exist inherently and from their side.

Another example is a coarser level of ignorance that apprehends that which is impermanent to be permanent or the ignorance that apprehends that which is like suffering to be like happiness. They are superimposing misconceptions because they apprehend [the existence of] something that does not exist.

2. Deprecating misconception

An example of a deprecating misconception is the ignorance that apprehends the non-existence of the law of karma or the ignorance that apprehends the non-existence of past and future lives.

They are deprecating misconceptions because they apprehend the non-existence of something that exists.

Another way to categorize ignorance is to categorize it into:

1. Innate (or instinctive) ignorance
2. Intellectually (or ideologically) acquired ignorance

1. Innate ignorance

Innate ignorance is a misperception that arises naturally for all sentient beings. It is inborn and not conditioned by the culture and environment we live in.

Regarding, for instance, the innate ignorance apprehending the non-existence of the law of karma, we may have developed a firm conviction in the working of karma and live in a community that holds that same conviction.

However, when we encounter problems and difficulties we instinctively blame other people or the environment for our problems; we spontaneously ascribe to them the main responsibility for all our trouble.

Similarly, even though we know rationally that our mind and body change moment by moment, we often have the sense that we and others do not change, and always remain the same.

Also, though we understand that one day we are going to die, we plan and live our lives as if we were immortal.

Furthermore, even if we have realized the lack of an inherently existent "I" and "mine," until we overcome the innate ignorance apprehending inherent existence, there will always be the spontaneous and instinctive sense of an inherently existent self, etc., which in turn will induce attachment, aversion, and other afflictions.

2. Intellectually acquired ignorance

Intellectually or ideologically acquired ignorance, though rooted in innate ignorance, is a misperception that is not innate but comes about due to the influence of philosophical, religious, scientific, or cultural views and beliefs.

For example, at the time of the Buddha, several philosophical systems postulated a permanent, partless, independent self. Likewise, many religions accept the existence of a soul, a permanent entity that exists independent of mind and body.

And then there is the extremely influential Austrian psychoanalyst Sigmund Freud's descriptions of the ego and the super-ego as well as cultural ideas that encourage us "to be someone in the world," "to be true to ourselves," and to "find ourselves."

All these are the results of the intellectually acquired view of an inherently and objectively existent self.

Another intellectually acquired view is the acquired ignorance that apprehends the non-existence of past and future lives.

This misconception comes about due to the current widely accepted scientific view that our mind is merely the product of chemical reactions within our brain and body which ceases to exist at the time of death when those chemical reactions come to an end.

From a Buddhist perspective, also religious beliefs in an omnipotent creator God, for example, are explained to arise from an acquired ignorance that apprehends the non-existence of the law of karma.

Ignorance that is the root of cyclic existence

Ignorance that is the root of all other afflictions and thus the root of cyclic existence is the ignorance that apprehends inherent existence.

Ignorance that apprehends inherent existence is the root of all other afflictions because it induces all the other afflictions; it induces the other types of ignorance (such as the ignorance that apprehends the non-existence of the law of cause and effect, the ignorance that apprehends the existence of a permanent, partless, independent self, etc.) - as well as anger, attachment, arrogance, jealousy, and so forth.

This root ignorance is also of two types:

1. Ignorance that apprehends the inherent existence of the "I" and "mine"
2. Ignorance that apprehends the inherent existence of phenomena (phenomena other than "I" and "mine")

Since both types of ignorance apprehend inherent existence, they are both the root of cyclic existence.

In brief, the ignorance that misperceives the nature of phenomena on the deepest level, that is, the ignorance that apprehends inherent existence is the root cause of the six primary afflictions and the twenty secondary afflictions.

Ignorance

The definition of ignorance is the following.

Lack of knowledge or information.

Socrates said know thy self many moons ago.

What has humanity done since then to discover the jewel inside?

Mother Nature sent us to our rooms to think things over.

Yet we bitch and moan and get bored along the way.

Many people refuse to wear masks even if it could kill their Grandmother.

They say it is my right not to wear one.

Maybe you might like a ventilator instead.

If you are bored you are missing out on life.

Boredom is a state of mind.

Being bored you are stuck inside of your box.

You can't think properly.

You think you are wise.

If I say you are the universe.

You just don't know it.

Bored one will roll their eyes,

A wise man will simply smile.

Scientists know the existence of the quantum field.

It is beyond time and space.

You are a part of that field.

You came from it.

You will return to it.

You have an opportunity to experience it while you are alive.
You are magnificent.
You are glorious.
Your true nature is kindness.
You were meant to see the unity of all life.
You are hardwired to see God.
The software has always been there.
Yet you live a petty life.
The mirror of life is full of dust inside of you.
Only you can clean it.
Nobody can do it for you.
God is your coach.
As your coach, he can't play the game for you.
You have free will.
Nobody is trying to convince you.
The truth needs no convincing.
All your book knowledge and degrees don't mean a thing if you haven't
discovered the jewel inside.
This is a video game of life.
Let's go beyond the level where we throw garbage in our living rooms.
During this shutdown, Mother Earth is cleaning up our mess.
Yet we are so determined to go out and act as if nothing has changed.
Are we spoiled brats?
Mother Nature is giving us a lesson to learn.
Yet we are blowing her off.

Remember we need Mother Earth.

She doesn't need us.

Ignorance will bring man to a state of drowning yet he thinks I'm saved.

A wise man once said the following many moons ago when I was young.

Man is sawing off the branch he is sitting on.

We have the opportunity to change.

Yet we fight over a simple thing as to wear a mask or not.

We live in a state of me, me, and me.

No wonder chaos is on the earth.

There are around 7 billion people on earth and we have this attitude.

We are going from me to we.

It will take time.

Hopefully, we will be mature enough to grow and learn.

We are stuck in our ignorance.

The six primary afflictions are:

1. Attachment
2. Anger
3. Arrogance
4. Ignorance
5. (Afflictive) doubt
6. Wrong view

The first five afflictions are called the five non-views. The sixth affliction, wrong view, can be further divided

into five distinct types of wrong view, called the five views. This way of subdividing wrong view into further

five types lead to another way of categorizing afflictions into ten (the five views and the five non-views):

The ten afflictions are:

1. Attachment
2. Anger
3. Arrogance five non-views
4. Ignorance
5. (Afflictive) doubt
6. View of the transitory collection
7. View holding to extremes
8. Belief in the supremacy of wrong views five views
9. Belief in the supremacy of mistaken ethics and religious conduct
10. Wrong view

1. Attachment

Attachment is a mental factor that focuses on an object we consider to be a source of pleasure, such as a car, and either exaggerates the car's positive qualities or superimposes positive qualities the car does not possess.

While apprehending those qualities, attachment craves for, and becomes attached to the car. Regarding the generation of attachment, its root is ignorance apprehending the inherently existent "I," the inherently existent car, or the inherently existent positive qualities of the car.

Those misperceptions then induce other wrong perceptions such as the awareness that perceives the car as being permanent, as being in the nature of happiness, or as being flawless, which in turn lead to the mind that exaggerates the car's positive qualities or superimposes positive qualities the car does not possess.

The latter awareness is not attachment yet, for craving is still to arise. The mental factor that craves for and becomes attached to the car, while exaggerating the car's positive qualities or while superimposing positive qualities the car does not possess, is attachment.

The arising of attachment is quite different from the arising of, for instance, anger. Anger is impulsive and explosive but usually ebbs away quickly. Attachment, on the other hand, arises slowly; there is a gradual process of becoming attached to an object.

Attachment craves its object, attaches to it, and fuses with it, making it very difficult to separate from the object once the mind becomes attached. This is why attachment is compared to a piece of cloth that is stained with oil. The oil is absorbed by the cloth, spreads into it, and is therefore difficult to remove.

Furthermore, the stronger the attachment, the stronger is the sense that we cannot find happiness if we are separated from the object. This feeling is particularly strong regarding attachment to another person.

Depending on the intensity of the attachment to the other person there is the fear that we may be separated from them, there is jealousy when they spend time with someone else, and anger when they leave us

2. Anger

Anger is a mental factor that focuses on an object that we consider to be a source of harm. This source of harm is usually one of the following: the being or object who harms us (e.g. a thief or a disease), the harm itself, the suffering that occurs through our being harmed, and the reasons for being harmed.

In the case of being angry with another person, anger focuses on that person and exaggerates their negative qualities or superimposes negative qualities they do not possess.

While apprehending those qualities anger cannot bear the person and wants to harm them.

Regarding the generation of anger, its root is ignorance apprehending the inherently existent "I," the inherently existent person who is the object of anger, or the inherently existent negative qualities of that person.

Those misperceptions induce the mind that exaggerates the person's negative qualities or superimposes negative qualities the person does not possess. The latter awareness is not anger, for the wish to get rid of them or to harm them has not arisen yet.

Rather, anger is the mental factor that wants to get rid of the person or wants to harm them, while exaggerating the person's negative qualities or superimposing negative qualities the person does not possess.

Anger is an affliction that includes or induces a wide range of different emotions such as resentment, ill-will, fury, irritation, rage, hatred, aggression, rancor, spite, etc.

It is considered a particularly harmful affliction because it unsettles the mind more than other afflictions and has the power to destroy a lot of root virtue or positive karma we have accumulated over many lifetimes.

Anger

How does a man deal with anger?

Is anger a two-headed sword?

If we lash out at someone in anger, we have just caused a verbal assault on that person.

If we hold the anger inside, it festers within.

How can man channel anger so it can't be inflicted on others, while a man doesn't stuff it inside?

Can we put anger in a box and light it on fire?

The energy could be used for helpful purposes.

Anger will eventually lead man back to grace.

We are all angry.

Some people show it, while others don't

Man can dissolve the monster.

Kindness Is More Powerful Than Anger

Greetings. Welcome to another brand new day. Today is another day of our journey in life. What a golden opportunity we have. We are alive. We are walking around this wonderful earth. The universe is watching over us. We are not alone. We may think we are but that is never the case.

These are exciting times on this planet. So many people are waking up from their slumber. The faster people wake up the faster this world will change. To change this world, we must change ourselves.

There is no other way. I can't change you and you can't change me. That's the truth. Ultimately we are on this planet for our evolution. As a raindrop returns to the ocean we return to our true nature. Yes, this takes time.

Fortunately today we have so many different factors on our side. We have reached a turning point where the light is shining so bright. Darkness is going away but not without a fight. It knows it's a losing battle.

Did you know that kindness is more powerful than anger? It's so easy to get angry. Look at Facebook today. Everyone is angry about the political situation.

Both sides are yelling at each other. Does this ever solve the problem? Nope. It will never be solved through anger. Yet if a person uses kindness it might defuse the situation.

At least the anger won't be redirected to you because you are mature enough not to accept the gift of anger from someone else.

Anger can only be received if you accept the anger from someone else. You don't have to buy into their anger. You can listen with compassion.

The other person is hurt inside and only knows to express anger. You have the power to defuse the situation. This is how the world will change.

When you act like a mature human being and let go of your negative emotions you can truly help this world just by your being.

You have nothing to prove. You aren't trying to convince anybody. You are what you are. The sun in the sky just keeps on shining. That's its true nature. The sun is always there. There may be clouds covering the sky but the sun is always shining.

This is a day-by-day, moment-by-moment journey. Every day we can change ourselves for the good. It's like a musician practicing his craft. He loves to get better.

He loves to practice. We can all practice our craft of becoming better human beings in each moment. We might not have a concert hall to play in yet we have the universe smiling upon us. We are doing our part to make the universe grow.

We have no idea of how our actions affect the universe. Our actions ripple like waves all across the universe. All of us have a divine part to play in the universe.

If we truly knew who we are. We are the universe. Unfortunately, we don't realize it. We are all family. We are not separated. There is a thread of love tying us all together.

This is the journey we are on. No judgments are made if you don't want to hear about this. All of us are welcome back to the creator when we die. God does not judge.

You judge yourself but God does not judge. There is a spiritual evolution going on. Ultimately we go back to the source.

3. Arrogance/Self-importance

Arrogance is a mental factor that focuses on oneself and exaggerates one's good qualities or superimposes good qualities one does not possess. While apprehending those qualities one feels conceited and superior to others.

Through superimposing superiority upon oneself while superimposing inferiority upon others, arrogance elevates oneself.

Arrogance is rooted in the ignorance that apprehends an inherently existent "I" and in the ignorance that apprehends the inherent existence of one's good qualities.

It creates a lot of unhappiness especially when there is evidence that the image we have of ourselves and our positive qualities is distorted and not in accordance with reality.

Furthermore, it can be a great obstacle to deepening our understanding and increasing our good qualities. Once it arises, it automatically causes us to be jealous of superiors, competitive with equals, and arrogant towards inferiors.

According to Vasubhandu's Abhidharmakosha there are seven types of arrogance:

- 1) (Lesser) arrogance
- 2) Greater arrogance
- 3) Arrogance beyond arrogance (extreme arrogance)
- 4) Arrogance of thinking "I"
- 5) Arrogance of conceit
- 6) Arrogance of slight inferiority
- 7) Wrongful arrogance

1) Lesser arrogance

This refers to an inflated mental factor that considers oneself to be superior to those who are inferior, particularly about social standing, knowledge, and wealth. It leads to the thought, "I am greater than those who have an inferior social position and who are poorer in knowledge and wealth than myself."

2) Greater arrogance

Excessive arrogance is an inflated mental factor that considers oneself to be superior to those who are one's equal, particularly about social standing, etc. It leads to the thought, "although they may be equal to me in their social position, etc., nonetheless, I am superior to them."

3) Arrogance beyond arrogance (extreme arrogance)

Arrogance beyond arrogance is an inflated mental factor that considers oneself to be superior to those who are superior, particularly about social standing, etc. It leads to the thought, "Although they may have greater social standing, knowledge, etc. than myself, I am nonetheless superior to them."

4) Arrogance of thinking "I"

An inflated mental factor that thinks "I" by focusing on the aggregates

Some explain the "I" here as referring to the non-existent self, while others explain it as referring to the

conventionally existent "I." If it refers to the non-existent self, this arrogance apprehends an inherently

existent self and feels inflated about it. If the "I" this arrogance takes to mind is the conventionally

existent "I," then it merely feels inflated about the conventional "I" without apprehending its inherent

existence. Either way, this type of arrogance is a deluded mind that feels inflated about one's identity.

For instance, it may feel inflated about being Indian, American, European, etc.

5) Arrogance of conceit

An inflated mental factor that thinks one has attained good qualities that one has not attained

6) Arrogance of slight inferiority

An inflated mental factor that thinks one is only slightly inferior to those that are greatly superior

7) Wrongful arrogance

An inflated mental factor that thinks that one has attained excellent qualities while one has not attained such excellent qualities but rather has attained faults

4. Ignorance affliction

As explained before, in general ignorance refers to either a mental factor that is a mere not-knowing, i.e. that is merely confused and bewildered about the nature of an object, or it refers to a mental factor that actively apprehends the opposite of what is there.

However, here ignorance refers to a confused quality of the mind that does not understand the working of the law of karma, the Three Jewels, the four noble truths, and so forth.

Diligent in our effort in accomplishing the desired result. A Tibetan is saying that just as we cannot sew with a two-pointed needle, we cannot accomplish our goal with a doubting two-pointed mind.

5. View of the transitory collection

The view of the transitory collection refers to a mental factor that apprehends an inherently existent "I" and "mine." It is an 'afflictive wisdom' because its function is similar to wisdom in the way it actively apprehends an object. However, it is afflictive wisdom because its object, an inherently existent "I" or "mine," does not exist.

The reason for calling it "the view of the transitory collection" is that this view apprehends an inherently existent "I" or "mine" while focusing on the aggregates, which are a transitory collection. The aggregates are a transitory collection due to their impermanent and perishable nature.

6. View holding to extremes

The view of holding to extremes is afflictive wisdom focusing on the self as apprehended by the view of the transitory collection, perceiving it either as being permanent and non-changing or as subject to annihilation in such a way that it becomes non-existent at the time of death.

In other words, there are two extremes into which we are likely to fall once we have assented to the sense of self-given to us by the view of the transitory collection: the extremes of permanence and annihilation.

The view of the extreme of permanence refers to the view which considers the self to be something essentially unchanging, which will survive death and continue indefinitely.

The view of the extreme of annihilation is a view that holds that even though the self exists presently, at death it (as well as any element of consciousness) will cease completely.

In Buddhism, these extreme views are avoided by refuting the existence of an independent inherently existent self on the one hand, while positing a merely imputed and momentary self on the other.

7. Belief in the supremacy of wrong views

Belief in the supremacy of wrong views is afflictive wisdom that focuses on one of the three views – the view of the transitory collection, the view holding to extremes, or the wrong view (which will be explained below) – and regards them

as supreme. It has the function of causing the attachment to wrong views to increase and strengthen.

8. Belief in the supremacy of mistaken ethics and religious conduct

Belief in the supremacy of mistaken ethics and religious conduct is afflictive wisdom that asserts that various misguided religious practices are supreme and lead toward spiritual attainment.

Examples of such practices can be found in many different religious systems. In certain Christian traditions, for instance, one finds the practice of 'corporal mortification' or 'mortification of the flesh' which in some of its more severe forms can mean causing self-inflicted pain and physical harm, such as beating, whipping, piercing, or cutting oneself.

These practices are considered to help the practitioner to attain a union with God, obtain a higher place in heaven, etc. Similarly, in some religious traditions, one finds the practice of ritual animal sacrifices.

Then there are various ascetic practices such as standing on one leg or burning the body in the sun for a long time to purify negativities. Further, there are numerous cases of self-immolation and ritual suicide that are performed for the sake of spiritual salvation.

The view that holds such practices as supreme and as a means of attaining spiritual emancipation is the fourth of the five views

9. Afflictive Doubt

As explained above, doubt is in general not considered to be an affliction, for it can be one of the stepping stones to gaining a correct understanding of reality.

However, here afflictive doubt is a mental factor that serves as an obstacle to spiritual development, for it is an awareness that despite correct reasoning does not transform into a correctly assuming consciousness and that continues to waver concerning the four noble truths, the law of cause and effect, the Three Jewels, and so forth.

It is two-pointed and undermines our ability to engage in any activity with confidence and resolve. Furthermore, it hinders us from committing ourselves wholeheartedly to a particular practice. or to remaining

10. Wrong view

Even though the previous four views are all forms of the wrong view, here wrong view refers specifically to afflictive wisdom that actively apprehends the non-existence of something which exists.

Examples of such wrong views are the mental factor that perceives the non-existence of the law of karma, the non-existence of past and future lives, etc. It also refers to the view that asserts the cause of sentient beings and cyclic existence to be a divine creator, a primordial essence (as propounded by the non-Buddhist Indian philosophical system of the Samkyas), and so forth.

The twenty secondary afflictions



The twenty secondary afflictions are all derived from the three poisons (attachment, anger, and ignorance). Although when confronted with an immediate situation we are often unaware of the growth and arousal of these various mental factors:

1) Aggression belligerence



Aggression is a mental factor that increases the primary affliction of anger and that wishes to physically or verbally harm others. It has the function of directly connecting the person who intends to cause harm with the actual means to do so.

Aggression

The definition of Aggression is as follows.

noun

hostile or violent behavior or attitudes toward another; readiness to attack or confront.

Similar:

hostility

aggressiveness

belligerence

antagonism

militancy

warmongering

warlikeness

violence

attack

assault

encroachment

offense

invasion

infringement

Where do all wars start?

They start from the aggressions of the mind.

Every single war has started that way.

An aggressive thought turns into aggressive action.

Mind you it doesn't take too much.

A leader could have had a bad night's sleep.
It's as simple as that.
The snowball starts going down the hill.
Before you know it's out of control.
The increased anger state of mind leads to aggression.
Mind you clarity has done an exit stage left.
Snagglepuss has left the stage.
The mind is in a chaotic state.
Presidents have said my button is larger than your button.
They were talking about nuclear weapons.
Mind you that is a scary thought.
Why don't we vote for Presidents who have stable thoughts?
You would think we would have learned our lessons.
Apparently not.

2)Vindictiveness



Vindictiveness is a mental factor that maintains the continuum of the primary affliction of anger without forgetting it and wanting to retaliate. It is a basis for impatience and thus performs the function of repeatedly generating anger and

the pain of being unable to bear something.

Vindictiveness

The definition of vindictiveness is as follows.

disposed to seek revenge: VENGEFUL

intended for or involving revenge

intended to cause anguish or hurt: SPITEFUL

We have seen plenty of this lately.

How can we ever vote for a President whose very false nature is this trait?

Mind you I said false nature.

Our true nature is love and compassion.

Yet when it comes to politics, ethics and morals have gone out the door.

America seems to lost its moral compass.

Anything to stay in power is the norm.

Cheating, lying, and stealing are the norm.

Why do we seem to embrace this trait in America today?

Even some Christian groups said that God chose the previous President to be the chosen leader.

That's a heavy pill to swallow.

Where did kindness go?

It seems like playing mind games and being vindictive is the norm.

Even people who tell the truth are being prosecuted by their political party.

I have never seen that before yet we see it happening today.

Someday we will look at the past and we won't believe how barbaric these times were.

Look I'm not placing political values.

I'm placing human values.

There is a big difference.

The ex-president mocked so many people that we became immune to this.
In the past, just one of these mocks would have been controversial for years.

Now it is just standard in our daily life.

An ignorant and dark mind embraces vindictiveness.

Not an ounce of emotional and mental maturity.

They never left their childish games.

We are here to transform.

Without transforming we are lost in our ways.

Tick tick goes the clock.

You are part of the solution.

Where do you want darkness or light?

It's as simple as that.

3) Concealment - denial



Concealment is a type of ignorance that wants to conceal one's faults from others when they are pointed out by someone with the motivation to benefit. In concealment, we do not necessarily react negatively to the other person but simply suppress any

manifestation or knowledge of the fault that is described.

Superficially it seems to act as a defense, yet the more we resort to it, the more it causes heaviness and discomfort to the mind.

Concealment

The definition of concealment is as follows.

noun

the action of hiding something or preventing it from being known.

Similar:

hiding

secretion

cover

hiding place

secrecy

keeping secret

keeping hidden

hushing up

covering up

cover-up

suppression

disguise

camouflage

whitewash

We all tend to conceal our faults to people.

We saw it's human nature yet we are divorced from nature.

A wise man learns not to hide from anything.

We have lived our entire life like leaves blowing in the wind.

Consequently, we hide our imperfections.

If we would just embrace our imperfections we could use alchemy to transform ourselves.

Remember everything is energy.

Energy can be transformed into something else.

When we embrace the things we are hiding it goes from darkness to light.

The pain of hiding something disappears.

The knot in the stomach goes away.

Just think one small match can lite up an entire room.

You can transform any darkness inside of you.

Just embrace it and release it.

Make darkness your friends.

Don't hide from anything.

This is the way to heal oneself.

4) Spite



Spite is a type of anger that, induced by the secondary afflictions of aggression and vindictiveness, motivates one to utter harsh speech. It acts as the basis for accumulating negative karma of the speech.

Spite

The definition of spite is as follows.

noun

a desire to hurt, annoy, or offend someone.

Similar:

malice

maliciousness

ill will

animosity

hostility

antagonism

resentment

malevolence

venom

evil intentions

hate

vengeance

nastiness

mean-spiritedness

None of these characteristics are positive.

We don't want to be around people who have them.

Some people's nature is full of spite.

We had a recent president who took great pleasure in it.

Many wars have been started due to man's spite for one another.

Spite comes from a dark and undisciplined mind.

When satisfaction comes from hurting, annoying, or offending someone this person has lost his moral compass.

Our nation currently has a cloudy vision.

When truth becomes fiction and fiction becomes truth we are lost.

When we have leaders who use spitefulness in everyday life it becomes common and the norm.

We then have people who think it is ok to be spiteful.

This circle goes round and round spinning out of control.

We then tend to believe it's a positive state of mind.

We think it's normal.

5) Jealousy



Jealousy is a type of anger that, motivated by attachment to material possessions, status, etc., cannot bear and feels resentful towards others' accomplishments.

It is the basis for the immediate arising of unhappiness in the mind and has the function of causing one's qualities, wealth, etc. to become exhausted. Jealousy often contains an element of fear.

It seems, for example, that someone may be about to gain a position that one wanted very much for oneself. Desirous of the position and afraid that one may not gain it, one starts to dislike and even hate the person who appears to be the cause of the problem.

Jealousy

The definition of jealousy is as follows.

jealous resentment against a rival, a person enjoying success or advantage, etc.,
or against another's success or advantage itself.

mental uneasiness from suspicion or fear of rivalry, unfaithfulness, etc., as in love
or aims.

vigilance in maintaining or guarding something.

a jealous feeling, disposition, state, or mood.

Jealousy will never take you far in life.

It will make you bitter towards your fellow man.

One will think that life is not fair.

One thinks the grass is always greener on the other side.

Nothing good about being in a state of jealousy.

It's a heavyweight we place on our shoulders.

Over time one's perception of life is a jealous nature.

We do incomprehensible things.

Yet we don't have clarity.

Jealously taints the mind.

It's like a shapeshifter.

Unfortunately, we aren't aware of what we have become.

It becomes a part of our nature.

An unruly mind can become a jealous mind.

A clear mind filters out jealousy.

A person may have a jealousy thought yet the mind doesn't pick it up and act on
it.

We must always pull out our weeds within.

Jealously has never helped humanity.

6) Miserliness



Miserliness is a type of attachment that, motivated by attachment to material possessions, status, etc., holds onto things tightly and does not want to separate from them.

This mental factor causes us pain whenever the possibility arises of being separated from what we own and regard dear to us. It can also develop our inner knowledge and understanding of, for instance, the Dharma.

It is thus the greatest obstacle to giving away our possessions and sharing our understanding with others. In the future, it is a cause of material, intellectual, and spiritual poverty.

Miserliness

The definition of miserliness is as follows.

noun

excessive desire to save money; extreme meanness.

"the party earned a damaging reputation for miserliness by cutting pensions"

Similar:

avarice

greed

stinginess

tightness

cheapness

Around 2025 it is calculated that Jeff Bezos will be worth one trillion dollars.

Just think with all that money you can be a miser.

I can guarantee that his employees won't see the light of day at that money.

The more one has the more money one wants.

It's like a ghost drinking a bottle of whiskey.

He will never get a drop.

Many people are on the treadmill and can't get off.

Being a misery is a state of mind.

Nothing can satisfy you.

You can buy all the adult toys you want.

A miser only thinks about himself.

He will never think about others.

Consequently one will live an unhappy life.

There are no two ways about that.

When the mind is extremely obsessed with this state, unhappiness is the result.

When I was in India many moons ago many poor people would serve you an
incredible meal.

Mind you they didn't have much.

Yet they loved humanity.

Most people do.

A person who is a miser lost that a long time ago.

We have seen many people in the news who have great power and wealth.

Yet they have lost touch with humanity.

They have forgotten the thread of love tying us all together.

7)Pretension - deceit



Pretension is a type of ignorance or attachment that, motivated by attachment to material possessions, reputation, status, etc., wants to pretend that one

possesses qualities one does not possess.

It acts as a basis for the establishment of the wrong livelihood and as a cause for engaging in lying.

Pretension

The definition of pretension is as follows.

adjective. characterized by assumption of dignity or importance, especially when exaggerated or undeserved:

a pretentious, self-important waiter.

making an exaggerated outward show;

ostentatious. full of pretense or pretension; having no factual basis; false.

wants to pretend that one possesses qualities one does not possess.

acts as a basis for the establishment of the wrong livelihood and as a cause for engaging in lying.

In another word, one is full of himself.

This exaggeration will lead to lying.

We had a recent President who lied over 35,000 times while in office.

I find it fascinating how political parties drop their morals and ethics when in power.

Yet if the other party did the same actions they did all hell would break out.

We are a fragmented nation.

We tend to do anything to stay in power.

That means we can cheat, lie and steal.

Most people know that our ex-president lost yet they know by continuing the lie will create uncertainty.

From this, the Capital insurrection occurred.

Months later many said this event was a walk in the park.

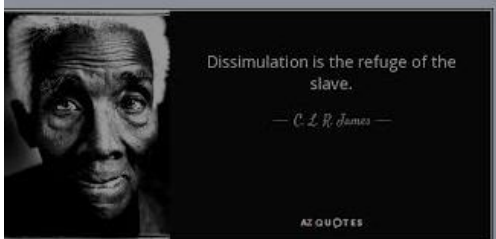
They know they are lying.

Yet truth has become fiction and fiction has become truth.

Our nation is walking on quicksand.

One small incident could cause the entire ship to sink.
When fiction becomes truth, this is a sign that we are going the wrong way for
the nation.

8) Dissimulation



Dissimulation is a type of ignorance or attachment that, motivated by attachment to material possessions, reputation, status, etc., does not want others to know one's shortcomings.

It has the function of not giving a clear response to questions and of causing interference in obtaining properly directed service.

Dissimulation

The definition of dissimulation is as follows.

noun

concealment of one's thoughts, feelings, or character; pretense.

"an attempt at dissimulation"

Similar:

misrepresentation

deceit

dishonesty

lying

shamming

faking

hypocrisy

Sounds very familiar.

Especially in today's world.

Spinning the truth comes to my mind.

We see this all the time.

Some media channels are great at this.

Whatever happened to just presenting the news in an unbiased manner?

That my friend has been gone for decades.

This is a common occurrence today.

Nobody truly knows the exact truth.

It has been stretched or fabricated in some way.

How can a common person decipher the truth when it has been spun?

No wonder such chaos exists today in this world.

When our news turns into dissimulation we are lost.

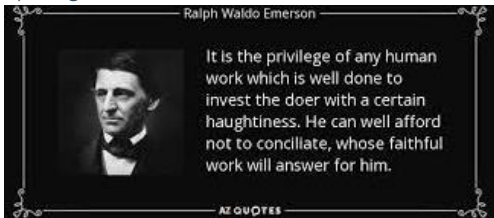
Common sense becomes uncommon.

Truth becomes fiction.

Fiction becomes the truth.

That is a scary thing.

9) Haughtiness



Haughtiness is a type of attachment that, having taken to mind one's accomplishments and good qualities, generates an afflictive sense of self-confidence.

It has the function of giving rise to all other afflictions as well as interfering with the attainment of higher qualities. Furthermore, it produces a false sense of self-satisfaction by considering the superiority of one's race, physical appearance, learning, youth, authority over others, and so forth.

Haughtiness

The definition of haughtiness is as follows.

noun

the appearance or quality of being arrogantly superior and disdainful.

"her air of haughtiness"

Similar:

arrogance

conceit

self-importance

egotism

sense of superiority

boasting

condescension

scorn

mocking

sneering

scoffing

snootiness

What is it about the computer that the rise of haughtiness arises?

I have noticed this for over 35 plus years.

When teaching or explaining to someone we get haughty to the other person.

It seems like when we know something and the other person doesn't get it we get haughty.

Mind you we have been in the same shoes as the other person.

I find this fascinating.

I still stumble and fall over this one.
It's embedded in my subconscious.
At least I'm aware of it.
That's a good place to start.
Some weeds are harder to pull than others.
A change in the state of mind is needed.
The result of the trigger must be nullified.
One must develop compassion in every moment.
When the trigger gets pulled again one can be in an inner state of mind.
I call this being in the center of the hurricane.
I'm talking to myself here.
This path is practical.
We can learn and grow in each moment.

10) Harmfulness



Harmfulness is a type of anger that wants to inflict harm on other sentient beings. It has the function of reducing the good qualities of oneself and others, acting as a basis of turmoil, and physically harming the lives of others. Also, it generally arises towards those we regard as inferior to ourselves.

Harmfulness

The definition of Harmfulness is as follows.

the fact of causing damage or injury to somebody/something, especially to a person's health or to the environment

I remember this incident in fifth grade.

Bill and I were selling boy scouts tickets.

We were at the dock.

Bill suddenly said there was a kitten in the water.

I rescued the kitten.

The owner of the house gives me a five-dollar reward.

I have a hunch that Bill threw the kitten in the water.

What is it in humans that we like to cause harm to another sentient being?

Mind you this is a minor incident but the poor kitten could have drowned.

Somehow this incident was told about through my school.

My teacher asked me about it and I told her the story.

A classmate stood up and said I was wrong to accept the money.

A true boy scout never accepts a reward for his actions.

I never hear that one before.

I pray that someday humanity will wake up from our slumber.

There is so much harm going on in this world.

Yet the majority of people are kind and compassionate.

It just takes a few rotten apples to spoil the batch.

Even rotten apples have precious seeds within them.

Maybe it's time to discover our precious seeds within.

11) Shamelessness non-shame

SHAMELESSNESS

Shamelessness is a type of ignorance, anger, or attachment which is devoid of a sense of shame and conscience about one's negative actions.

It acts as the supportive condition for all primary and secondary afflictions, for engaging in negativities, and for transgressing one's vows.

Shamelessness

The definition of Shamelessness is as follows.

lacking any sense of shame: immodest; audacious.

insensible to disgrace.

showing no shame.

When truth becomes fiction and fiction becomes truth it is a sad day for America.

Many of our leaders have no shame.

When many leaders say that the capital riot was a walk in the park despite the video evidence have they any sense of morality?

Many laws are being passed to stop certain groups from voting.

Half the population believes the past election was rigged.

The ex-president has raised over 100 million dollars from this falsehood.

I could go on and on.

It seems like common decency has faded away.

To stay in power despite any morals and ethics is the norm.

Yet the ones in power if the other side did the same thing would be up in arms.

All great civilizations' downfalls occur when common decency has left the arena.

What's left is only power moguls who could care less about you.

We even have the media that will spin the truth.

We are on the verge of falling apart at the seams.

Yet we think our country is not in jeopardy.

The signs are all around us.

We are so locked into I'm right and you're wrong.

Remember America needs the left-wing and right-wing to fly.

12) Inconsideration non-embarrassment

One of my main regrets
in life is giving
considerable thought to
inconsiderate people.

– Jarod Kintz
ilovemyisi.com

In consideration is a type of ignorance, anger, or attachment which is devoid of consideration for other sentient beings about one's negative actions. It acts as the basis for causing others to lose respect and trust in themselves and for becoming agitated.

13) Dullness-lethargy

dullness

Dullness is a type of ignorance that makes the mind lethargic so that it is unable to comprehend its object clearly.

Having caused the mind to lapse into darkness and thereby become insensitive, it does not comprehend its object clearly,

as it is. It has the function of making the mind and body heavy and inflexible, and of increasing sleepiness and mental sinking.

Dullness should not be confused with mental sinking. The latter only occurs in the more advanced states of stabilizing meditation and is not necessarily an affliction.

Dullness

The definition of dullness is as follows.

not sharp; blunt:

causing boredom; tedious; uninteresting:

a dull sermon.

not lively or spirited; listless.

not bright, intense, or clear; dim:

a dull day; a dull sound.

Our minds need to be sharpened.

Our society today is demonstrating that we don't have sharp minds.

Note we can't even get along with each other.

Truth is fiction and fiction is truth.

We need to learn how to sharpen our minds.

We can't see the brilliance within.

Yet we think we have all the answers.

When the mind, body, and soul are not in balance chaos exists internally and externally.

We think everything is ok.

Some people even think the Capital Building riot was a walk in the park.

All the great masters said to cultivate the mind.

Instead of listening, we like the weeds that we have grown.

I have friends who get a kick at flaming others.

To the delight of their friends, they love to see this.

They enjoy mocking and putting down others.

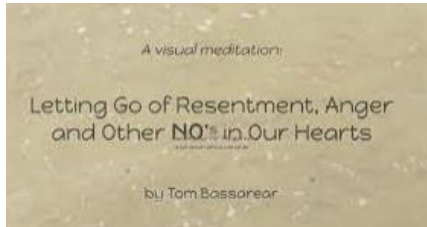
If we as a society want to advance we must sharpen our minds.

Yes, it does take time and effort.

It's so easy to flame someone.

The hardest thing to do in the universe is to conquer your mind.

14) (Afflictive) Excitement



(Afflictive) excitement is a type of attachment that scatters the mind so that it is unable to remain focused on one object. It has the mental function of obstructing concentration.

Furthermore, it causes the mind to engage in uncontrolled fantasy and frivolity. This mental factor is often with us but its presence only becomes truly felt when we start to concentrate our minds in concentration.

Afflictive

The definition of afflictive is as follows.

adjective

characterized by or causing pain, distress, or grief; distressing.

Pain and distress are all around us.

Just look at the pandemic today.

So many people have lost their loved ones.

They are grieving every single moment of the day.

Many more will die.

Is there an end in sight?

My heart goes out to all.

As a nation, we can't even stand together.

I have my rights while thousands are going to the hospitals every single day.

We as a nation have lost our moral compass.

Even some of our so-called leaders are spreading such lies.

The right-wing and left-wing must be united to fly.

We must all unite and see our differences as blessings in disguise.

We are a melting pot.

We have forgotten that.

We all came from somewhere else.

Why do we hold on to our beliefs that's it my way or are you wrong and evil?

Where did having a different point of view mean you have to hate the other person?

If we were united as a nation the pandemic would be long gone by now.

There wouldn't be so much unnecessary grief upon the land.

15) Non-faith



Non-faith is a type of ignorance that does not believe in, does not have admiration for, and does not aspire to virtuous phenomena. It has the function of acting as the basis for laziness and of causing the power of faith to decrease.

Non-faith

The definition of Non-faith is as follows.

does not admire for, and does not aspire to virtuous phenomena.

Maybe just maybe this is the source of the problem.

Humanity doesn't believe that this exists inside of them.

These are mere stories.

Otherwise, I would have known by now.

When we think this is all fantasy we tend to brush it off.

For generations, the world has not found the jewel within.

Most people have never looked for it.

Science is proving today what wise men have said in the past.

Science and the world of mystics are slowly melting together.

You are your own chemistry set.

Science has proven that.

Learn to be more open.

You are the universe.

You just don't know it.

Modern-day scientists have proven that today.

16) Laziness



Laziness is a type of ignorance that, due to attachment to an object that provides temporary happiness, etc. dislikes or feels sluggish or faint-hearted about engaging in virtue.

It has the function of causing diligence to decrease and acts as a basis for the degeneration of wholesome tendencies and the prevention of accumulating virtue.

Laziness

The definition of Laziness is as follows.

noun

the quality of being unwilling to work or use energy; idleness.

"it was sheer laziness on my part"

Similar:

idleness

shiftlessness

inactivity

inertia

There is a huge difference between being lazy and one who has discovered the jewel within.

A lazy man does nothing yet his mind is extremely active.

One who has discovered the jewel within lives in the center of the hurricane.

Huge difference.

One tries to escape from this world while the other has his feet on the ground and his head in heaven.

At times being lazy is a reflection of our state of mind.

We are lethargic and have no energy for life.

Life has no meaning or purpose.

In this state we are idle.

The engines are running yet we have the car in park.

If we do this too long we are running on gas fumes.

One who has a purpose in life is constantly filling the car with gasoline.

He will never have to worry about running out of gas.

17) Non-conscientiousness



Non-conscientiousness is a mental factor that manifests together with one of the three poisons (attachment, anger, or ignorance) when accompanied by laziness, and that leaves the mind in a relaxed state without habituating it to virtue and protecting it from contaminated phenomena.

It leads to the wish to freely act in an unrestrained manner without cultivating virtue or guarding the mind against negativities.

Also, it has the function of increasing non-virtue and preventing virtue as well as causing any positive qualities to be destroyed.

Non-conscientiousness

The definition of Non-conscientiousness is as follows.

Antonyms

cutthroat, dishonest, dishonorable, immoral, unconscionable, unethical, unjust,
unprincipled, unscrupulous

Hey, this sounds like some current-day politicians today.

In some sense, many millions of Americans have no problems with these
characteristics.

As long as their party is in power anything goes.

Yet if the opposite party has the same qualities all hell will break out.

Whatever happened to human decency?

18) Forgetfulness



Forgetfulness is a type of ignorance that is blurred concerning virtuous objects due to remembering non-virtuous objects.

It has the function of causing positive qualities to degenerate and recollection to decline. Here forgetfulness does not refer to simply being unable to retain a memory of an object in the mind, for it refers to a mental factor that, in addition to losing sight of what is wholesome, draws one into an apprehension of what is unwholesome.

Forgetfulness

The definition of Forgetfulness is as follows.

noun

lapse of memory.

Similar:

absentmindedness

amnesia

poor memory

a lapse of memory

vagueness

My friends, we have forgotten who we truly are.

You are the universe and you just don't know it.

That is the truth.

You are magnificent.

Yet we all have amnesia.

We come unto this world with full awareness.

Slowly it starts to dwindle.

At some point, it simply vanishes.

We may have flashed at some point in time.

Yet even then we are too busy to see.

We have shut down.

This is the state of the world today.

The world is in chaos.

It doesn't seem like a way out of this mess.

But there is a way.
Find the inner jewel inside of you.
This will lead you home.
It's as simple as that.
We spend most of our time in our minds.
There must be a mind, body, and soul connection.
You can solve this riddle.

19) Non-alertness - non-introspection

The logo features the text "WVU ALERT TEST" in a bold, white, sans-serif font. "WVU" and "ALERT" are on the top line, and "TEST" is on the bottom line. Two thin horizontal lines, one above "ALERT" and one below "TEST", extend from the left and right sides of the text.

[@WVUAlert](#) | alert.wvu.edu

Non-alertness is a type of afflicted wisdom that is not alert to physical, verbal, and mental actions and causes one to enter a state of careless indifference.

It has the function of causing the power of intelligence to degenerate and the negative actions of the body, speech, and mind to increase.

Non-alertness

The definition of non-alertness is as follows.

Not fully aware and attentive;

Not awake

I find it fascinating that we think we are awake.

Yet we don't know who we truly are.

We live our entire life unaware of our true nature.

When the wise men of the past said you are the universe.

You just don't know it.

We simply blow them off.

Even when modern-day scientists say the same thing we still refuse to accept this fact.

If quantum energy exists beyond time and space then that means it exists inside of you.

If even your thoughts are energy and your body is energy who are you?

What is keeping you alive?

What is the power behind your breath?

20) Distraction



Distraction is a type of anger, attachment, or ignorance that, unable to direct the mind towards a wholesome object, disperses it to a variety of other objects. It causes concentration to deteriorate and acts as a basis for losing one's attention upon the objects referred to both in analytical and stabilizing meditation.

It is a mental function ascribed to an awareness in which the mind has been led away from the object of concentration by attachment, anger, or ignorance.

The four changeable mental factors

The four changeable mental factors are:

- 1) Sleep
- 2) Regret
- 3) (General) Investigation
- 4) (Detailed) Analysis

They are 'changeable' because in dependence upon one's motivation or a particular situation they become virtuous, non-virtuous, or neutral

Distraction

The definition of distraction is as follows.

noun

1.a thing that prevents someone from giving full attention to something else.

Similar:

diversion

interruption

disturbance

intrusion

interference

obstruction

hindrance

2.extreme agitation of the mind or emotions.

Similar:

frenzy

hysteria

mental distress

madness

insanity

wildness

Hum these sound like current symptoms in our society today.

I've been on this planet for many moons.

I can't ever recall a moment when chaos is so prevalent in our society.

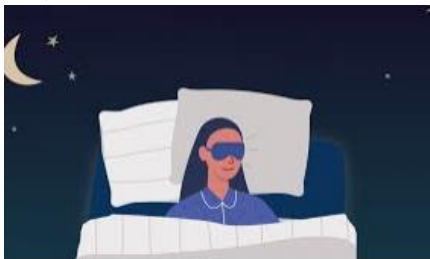
We are so distracted from the truth.

Yet millions of people are waking up from their slumber.

They are saying enough is enough.
For peace to be on this planet, you must have peace inside of you.
One can live in heaven and still have his feet on the ground.
That my friend is probably the most practical thing you can do.
The jewel within is the source of wisdom that is needed in this world.
You need this jewel.
When this jewel leaves you it will bury you in the ground.
It's as simple as that.

Changeable mental factors

1) Sleep



2)

Sleep is a mental factor that is the result of mental heaviness or mental dullness, makes the mind unclear, and is responsible for dissolving the sense consciousnesses (into the subtler mind).

It has the function of letting the apprehension of the object of the conscious mind degenerate and causing a loss of conscious physical activity. When the body and mind are exhausted and in need of refreshment, sleepiness pulls the sense consciousnesses and the coarse mental consciousness into the darkness of deep sleep, i.e. a state in which no dreaming occurs.

As the force of sleep becomes lighter dreams are then experienced due to the ripening of imprints left on the mind during the waking state. Sleep is a changeable mental factor because it can be influenced by our behavior.

If we spend the day involved in wholesome activities and, in particular, generate strong positive thoughts before going to sleep, this will cause the sleep itself to be wholesome and restful.

If, on the other hand, our minds are filled with hatred and cravings when we go to sleep, the quality of sleep will likewise be unwholesome and disturbed.

Sleeping Meditation

Many people think that sleep is a drag. They wish that they didn't have to go to sleep. Yet sleep is an incredible doorway to the quantum field. Sleep is a doorway to finding our true nature.

It's amazing every night when we truly fall asleep we go back to the quantum field yet we aren't aware of it. When we wake up in the morning our bodies are recharged.

How would you like when you are sleeping to have your awareness in the quantum field and be conscious at the same time?

As I have said many times the more attention you focus on the power behind your breath at some point the power of your breath focus back on you. In the beginning, you meditate on God. At some point, God starts to meditate on you.

Sleeping meditation allows you in the comfort of your bed to be aware of the quantum field. There is an infinite source of kindness that exists inside of you.

Each one of us is costumed and designed by the quantum field. When you go to sleep focus on your breath. Over time a door opens within and the power of love will fill you up.

You start to enter into the quantum field. This is your true nature. Just dwell in this love. There is never a point in time where you can't go deeper. This journey is infinite.

Many times when I wake up early in the morning I concentrate on each of my chakras. I do the chakra meditation. Imagine being in a state of heaven and moving through each chakra.

The whole mind, body, and soul connection is being healed. The brain is being washed by waves of love. One resides in a field of divine light and a force of infinite love.

Wow, words truly can't describe that experience. This experience exists inside of you. The key lies inside of you. Only by your will can you open the door. As I said many times before signpost of God is all around you both inside and outside of you.

When one truly loves to engage in sleeping meditation one truly begins to enjoy life to its fullest. One wakes up in the morning and rejoices on being alive. One is truly grateful.

I love to meditate upon waking up and truly love to be aware of the quantum field. One put's his dreams into reality.

We slowly learn how to not react to the world around us. Most of humanity is living in the winds of the hurricane.

A wise person lives in the center of the hurricane. Yes, he will stumble and fall. When he does one sees that at this point one is in the hurricane winds of the mind.

This person will then focus on his breath and in due time be in the center of the hurricane.

So when you go to bed at night here are some helpful suggestions. Bless the day that was given to you. It may be in a form of a prayer or simple grateful thoughts in your mind. Look over your interaction with the people with that you were connected to. Learn from your mistakes.

Look at the same tapes that were being played over and over in your life. Be conscious of them. Only when you are aware of your actions can you truly change for the better.

You can learn to rewire the actions that cause you to get angry into a state of love, compassion, and kindness. When you realize that by getting angry you are drinking your poison literally.

Learn to truly appreciate and have gratitude towards sleep. Many times when I'm about ready to come down with a cold my body tells me to go to bed an hour earlier.

Consequently, in the morning my body healed itself. Sleep is your best friend. He helps maintain and recalibrate your mind, body, and soul connection.

Your dreams are talking to you. They give you helpful insights and advice. They also give you warnings if you are about to walk off the cliff of life. Your dreams help guide you on this journey in life.

Unfortunately, most of us see them as a waste of time. We place no value on them

I think we probably get less than one percent on the importance of sleep and its true value. Our daily lives are so driven. Most of the time we are living from tapes from the past.

We don't think outside of the box. What a paradox that signposts are all around us yet we don't have the eyes to see them.

Many people try to go asleep yet they can't. Their mind and body are so stressed out that they can't sleep. Millions of people all around the world have this problem.

Millions take drugs so they can go asleep. Yet they will go asleep taking these drugs yet they have a huge side effect.

All it takes is small baby steps to learn how to connect to the quantum field. Ponder this over. You are a piece of the puzzle.

Commented [RF1]:

Commented [RF2R1]:

Commented [RF3R1]:

2)Regret



Regret is a mental factor that, having regarded a past physical, verbal, or mental action as harmful, feels remorse for that action. It has the function of not allowing the mind to rest at ease and of acting as a basis for mental unhappiness.

If the action we regret having done was negative, then the regret becomes virtuous. It is necessary to generate this form of regret to help purify the negative mental imprints we accumulated while engaging in non-virtuous actions.

However, if we regret a positive action, such as having made a generous gift or offering, the regret becomes non-virtuous and harmful.

Simply regretting that one parked one's car in the wrong place is neither a virtuous nor non-virtuous state of mind, rather it is neutral.

Regret

The definition of regret is as follows.

verb

feel sad, repentant, or disappointed over (something that has happened or been done, especially a loss or missed opportunity).

Similar:

be sorry about

feel apologetic about

feel remorse about/for

have a conscience about

blame oneself for

mourn

noun

a feeling of sadness, repentance, or disappointment over something that has happened or been done.

We all have things we have regretted doing.

That's part of life.

Yet we can learn from our mistakes.

This is how we grow and learn.

Life might be boring if no obstacles are thrown our way.

Maybe that's why there is a duality in all things.

We are playing the most challenging video game ever.

It's called life.

We have the opportunity to gather wisdom along the way.

Furthermore, we can learn how to laugh at ourselves.

Humor is the greatest medicine for the soul.

Humor is a way to connect to the jewel inside of you.

It is a heightened state of awareness.

Humor allows us to dissolve our regrets.

Been there done that.

We then can see the actions that caused such regret and not get affected by the trauma it caused.

We can laugh at the situation in a good way.

Regret has transformed into gratitude.

The situation can't be changed but you can let go.

3) General Investigation

An investigation is a mental factor that in dependence upon intention or intelligence roughly examines the general nature of an object.

3) (Detailed) Analysis



4) (Detailed) an analysis is a mental factor that in dependence upon intention or intelligence thoroughly examines the detailed nature of an object. Both general investigation and detailed analysis are qualities ascribed to intention

and intelligence, their difference is determined by the degree of precision and detail with which they examine the object. If they are cultivated in a wholesome manner, they are virtuous. But if they are developed in an unwholesome way, they are non-virtuous

Analysis

The definition of analysis is as follows.

noun

1.detailed examination of the elements or structure of something.

"statistical analysis"

Similar:

examination

investigation

inspection

study

scrutiny

exploration

probe

research

inquiry

evaluation

interpretation

2.short for psychoanalysis.

"other schools of analysis have evolved out of the original disciplines established by Freud"

The Greeks were outstanding at this.

This was the golden age of man.

Unfortunately few people today use this.

It's almost like a forgotten art.

Most politicians lack this virtue.

We must all take responsibility for acquiring this trait.
If we all did this we could tremendously reduce the chaos in the world today.