

## **THE ART OF LOVING ERICH FROMM**

### **THE PRACTICE OF LOVE REQUIRES:**

=> Discipline

=> Concentration

=> Patience

=> A Supreme Concern For The Mastery Of The Art & Practice Of Loving

To Master Any Art, One Must Dedicate Their Whole Life To It. One Must Practice Discipline, Concentration, And Patience in Every Phase Of Their Life.

To Be Concentrated Means To Live Fully In The Present. To Be Concentrated With People Means To Listen.

Concentration Requires One To Be Alone With Themselves Without Any Distractions. One Should Begin And End Each Day With 20-30 Minutes Of Meditation.

One Should Avoid Trivial Conversation And Avoid Unpleasant Company.

One Must Provide Life & All People Their Loving Presence. To Do This One Must Be Sensitive To Oneself And Have Faith In Life Which Is Rooted In Productive Intellectual And Emotional Activity.

# THE WAY OF LIBERATION BY ADYASHANTI

## 1 THE FIVE FOUNDATIONS

1. Clarify & Commit To Your **Aspiration**
2. Commit To **Unconditional Follow Through**
3. Never Abdicate Your **Personal Authority**
4. Practice Absolute **Sincerity**
5. Be A Good **Steward** Of Your Life

## 2 THREE ORIENTING IDEAS

### 1. **Being Is Everything**

2. **False Antidote:** Thinking You Are A Distinct Separate Reality

3. **Dream State:** Belief In An Independent Self That Can Control/Fix our Lives

## 3 THE CORE PRACTICES

1. **MEDITATION** => True Meditation Is Not Just The Sitting, It Is Most Fundamentally An ATTITUDE OF BEING, All The Time.

TRUE MEDITATION Progressively Letting Go Of The Meditator Without Getting Lost In The Mind and Embracing Who Sees & Watches The Meditator .

2. **INQUIRY Is A Bridge Between The Ego And The Soul** (The Essence, The Presence, Or Beingness, That you Are)

The **Beingness** That We Are, It's Trans-Rational. The Drives Of The Ego Are To Feel Better, To Survive. Common Element Of Inquiry Is Truth. It Must Not Become Subject To The Ego's Drives & Motivations.

The First Focus Of Inquiry Centers On Being, This Is The Key That Uncorks The Kingdom. The Realization Of Truth & Reality Can Never Be Created By The Mind It Always Comes As A Gift From Grace.

Inquiry Is The Art Of Questioning One's Assumptions & Interpretations As A Means For Opening Up Space In The Mind For Intuitive Wisdom To Arise. Once Space Is Opened Up, Simply Rest The Question In The Stillness Of Conscious Being.

3. **CONTEMPLATION** Is The Art Of Holding A Word Or A Phrase Patiently In The Silence And Stillness Of Awareness Until It Begins To Disclose Deeper And Deeper Meanings And Understandings. It Has The Power To Transcend Beyond (Not Regress From) The Limits Of Thought And Logic, And Open Consciousness Up To An Order Of Wisdom And Truth That Can Only Be Described As Revelation. **May 31, 2017**

## MY WAY OF LIBERATION PATH

1. Clarify & Commit To Presence **Aspiration**
2. Stop **Struggling** To Be Better & Improving My Life
3. Be On Lookout for My Deep Abiding Life Purpose
4. Be Always Open To Meaningful Social Interaction
5. Read, Learn, Reflect, Inquire, Grow
6. Live Bravely Ever Ready For Adventure, New Experiences
7. Be Open For A Lover To Share My Life Adventure

My Aspiration: To Be Truly Present & Anchored In The Divine Spirit Within Me  
& And Accepting Whatever The Universe Presents

Be Open To Each Moment => See What Arises => Give Room For It To Bloom

Be Aware Of What I Do and Say => Am I Being True?

Am I Present Or On Auto Pilot?

Am I Living My Life In A Way That I Hear, Sense, Feel, See & Honor What Is  
Unfolding?

Ego Life Is Fleeting => Spirit Life Is Eternal => The Challenge Is To Live  
Balanced In Both

This Can Give Me Freedom From Attachments, To Be My Truest Self, Without  
Cultural, Family, Ego Or Past Life Experiences Imprints

It's This Unhooking That The Mind & Ego Fear, If We Push Through This We  
Make Space, Then Freedom, Love & True Presence Floods In. Byron Katy

**May 2017**

## ZEN AND THE ART OF HAPPINESS

This is small book with a very important and simple message, “everything that happens to us in our lives is the best possible thing that could have happened.”

When I read that I thought, “oh really so the doctor says Ed you have cancer and will die in 6 months” and THAT IS THE BEST POSSIBLE THING THAT CAN HAPPEN TO ME!

To be honest had the book been a longer book I would have thrown it away. Fortunately, I didn’t throw it away. I soon discovered it depends on how we respond. The author was a former drug addict and had spent ten years saving his son from an opioid addiction.

I had a good laugh after I finished the book because as I meditated on it the next day I realized I had already accepted through my years of meditating that we have no control over what happens in the universe or to us as individuals. The key reason for developing a meditation practice is to be present to whatever happens-good or bad-and to not react but to pause, take the time to determine the best way to respond no matter how long that takes.

I promise you if develop this perspective you will discover a liberation unlike anything you have ever known.

**June 2007**

