

# **Your Buddha Within**

**Inside Every Buddhist  
Lies an Anti-Authoritarian  
Who Yearns For Peace of Mind**

By  
Barry Emanuel Zeve

Copyright © 2021 by Barry Emanuel Zeve

All rights reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the publisher except for the use of brief quotations in a book review.

Appreciation to Nandha Kumar PJ for use of the photo on the front cover.

Printed in the United States of America

First Printing, 2021

ISBN 978-1-7374299-0-6

Strawberrytrees Press

[www.BarryZeve.com](http://www.BarryZeve.com)



Strawberrytrees Press

I dedicate this book to anti-Authoritarians.  
But it would behoove you  
to understand the difference between  
an anti-authoritarian  
and an anti-Authoritarian.  
I'm in favor of authority  
and people who believe in the importance of experts.

My beef is with  
Hindus, Jews, Taoists, Christians and Muslims  
who insist on cramming The Authoritarian they believe in  
down my throat.

And those Authorities are:  
Krishna, Adonai, Jesus and Allah.

In this respect,  
I'm deeply devoted to Buddhism,  
the philosophy Created by God ,  
the generic germ for our Creator,  
to resist the world faiths.

If you're a Buddhist,  
I believe you're working for world peace  
in a mysterious manner  
that you may not describe as I do.

But this book is dedicated to you.

In 1989 I bought a brand new, white, Toyota Celica.  
When she was sweet 16,  
I had her painted bright yellow.  
I thought people were waving to me as I went by  
because Chiquita was so pretty,  
until my boyfriend told me  
people thought I was driving a taxi.  
It was 11 years later that  
I called the Make A Wish Foundation.  
They towed poor Chiquita away,  
took her apart and sold her for parts.  
That was a sad day in my life.  
She was the most loyal friend a guy could have.  
We'd travelled many a mile together.

The mind is like an automobile.  
But what people don't know  
is that the seven world faiths and philosophy  
could be assembled like a car  
whose parts were constructed separately around the world.  
If you want to achieve mindfulness,  
you have to *make up* your mind.  
Just sitting behind the wheel and cursing the traffic isn't  
going to get you where you want to go.  
You're only going to get angry and frustrated about  
all the lousy drivers weaving their way on the road.  
But you'll never see yourself as part of the problem.

Most people are afraid of Muslims.  
We all have good reason to be angry at Christians.  
You can hardly find a soul who's curious about Hindus.  
People swear by the Buddhists,  
but the Buddhists don't even believe in God!  
The Taoists are inscrutable.  
Nobody talks seriously about indigenists anymore.  
And who doesn't hate the Jews?...

## Table of Contents

Introduction To The godless Path To God		I
The Path of Buddhism		VI
The Eightfold Path		
1. Right View: Face		VII
2. Right Resolve: Head		IX
	Torah	IX
3. Right Speech: Heart		XII
4. Right Action: Navel		XIV
5. Right Livelihood: Penis/Clitoris		XVII
6. Right Effort: Anus		XXI
7. Right Mindfulness: Soul		XXIV
8. Samadhi: Homeward Bound		XXV
<u>The Dhammapada</u>		1
1. Contrary Ways	4	
2. Watchfulness		6
3. The Mind		9
4. The Flowers of Life		9
5. The Fool		10
6. The Wise Man	12	
7. Infinite Freedom		14
8. Better Than A Thousand		15
9. Good and Evil	16	
10. Life		18
11. Beyond Life		19
12. Self-Possession		21
13. Arise! Watch!	22	
14. The Buddha		22
15. Joy		24
16. Transient Pleasures		25
17. Forsake Anger	27	
18. Hasten And Strive		29

19. Righteousness	32
20. The Path	32
21. Wakefulness	34
22. In Darkness	35
23. Endurance	36
24. Cravings	38
25. The Monk	41
26. The Brahman	43
In Conclusion: Long in Tooth, High in Brow	46
The Future	50

## Introduction To The godless Path To God

Here is a brief history of God in the chronological order His Revelations were given:

1. Indigenism was once the only belief system anywhere in the world. Indigenists believed in gods and afterlife. But indigenists didn't believe in One God Who Created us all. They believed:

$$1 + 1 + 1 \dots = 1 + 1 + 1 \dots$$

They saw that every one of the millions of faces in this world has another mug behind it. That's why indigenists revered this planet and nature full of so many mysterious features.

2. Hinduism was the first path up from the indigenist plain of many gods through the hills (semi-gods) to the peaks (gods) surrounding the mountain of faith in One God: Krishna. Hindus believe in reincarnation after death to become one with Brahma: Pure Spirit. You might depict their belief as:

$$1 + 1 + 1 \dots = 1$$

3. Judaism was the first of the Western faiths up this mountain. Judaism was conceived in Turkey; born in Israel; raised in Egypt; and after many unwanted and unplanned trips all over the world, Judaism returned to our homeland, Israel, our spiritual birthplace, in 1948. Judaism believes in One God: Y.H.V.H. Judaism doesn't hold any dogma about what happens after we die. You might say that we believe:

$$1 = \text{One}$$

That's why we're called: the people of the book.

4. Then came Buddhism. Buddhism is a philosophy that spun off from Hinduism in India. Buddhists don't believe in gods or God. Theirs is the only godless

path. But like Hindus, Buddhists believe in reincarnation. Buddhists believe in the potential for Nirvana after a series of successful reincarnations here on Earth. Buddhists seek self-knowledge rather than knowledge of God. Let's depict that as:

$$I = 1$$

5. Taoism comes from China. Taoists don't believe in One God or an afterlife. They believe in 16 gods and goddesses. Taoists are the masters of paradox. I'll depict that as:

$$I = 0 + 1$$

where two things can exist at the same time because one of them is subjective (0: yin) and the other is objective (1: yang). (Just don't capitalize the words: Yin or Yang and turn them into proper nouns. That would mess with all their zeros and ones and might create a paradox in your own operating system.)

6. Then comes Christianity. Christianity is the second path up the Western face of the mountain. It was conceived and born in Israel, but Christianity was raised in Greece. Christians believe in Three Gods in One [God: The Father (Y.H.V.H.); God: His Son (Jesus); and The Holy Spirit]. Christian math looks like this:

$$1 + 1 + 1 = 1$$

Christians believe in Heaven or Hell after death. They're known for wisdom of the heart, which is rational, but not logical. The difference between the two is that rationality is a form of logic that requires patience, which is a feeling, not just something you talk about.

7. Islam is the third path up the Western face of the mountain to God (Allah) at the top. Muslims also

believe in One God, and, like Christians, they believe in Heaven and Hell. Only, the entry criteria for these outcomes differ in Islam. You could say that Muslims believe:

$$1 = 1$$

This is what makes theirs the last name for God.

These are the major paths up the mountain of faith from all sides, with indigenism like a great plain surrounding this mountain.

Like blind men touching The Elephant (God), each faith and philosophy comes away with another impression of what The Elephant in the room looks like.

These seven paths up the mountain correspond to seven parts of the human body. (I've enumerated them below.) If you have issues with any of these parts of your body, you might bristle at this analogy.

But you wouldn't want to lose a single one of these parts of yourself. And, once you understand God's Thinking, you won't want to give up any of these paths in coming to know who you are and He Is, either.

1. Indigenist	Face
2. Hindu	Navel
3. Jew	Head
4. Buddhist	Penis (Clitoris)
5. Taoist	Anus
6. Christian	Heart
7. Muslim	Soul

Like the seven chakras, seven colors of the rainbow and seven days of the week, each of these paths signifies a part of God's Designs that people haven't yet shown much in the way of curiosity to explore from a place of unity and harmony. And that's caused great suffering, especially (but limited to) to gays and Jews (of which I am one).

Each of these seven paths offers a specific panorama off the mountain onto life as we know it that the other paths don't. When you can combine all seven of these panoramas, you become a soulful person who can drop the pretense of knowing what will happen to you after you die, while maintaining a smile on your lips and a gleam in your eye until you flatline.

Hinduism was the first path up from the indigenist plain. That occurred about 3,800 years ago. Theirs is the path of detachment for wise discrimination. When you contemplate your navel, you suddenly realize that everyone's got one. That's the place on the human body that was first scarred with the cutting of the umbilical cord, the first pain in life that we all have in common.

Everyone's been physically detached from his or her mother. You might even go so far as to claim that what makes us mammals, not other life forms, is (1) a live birth that (2) leaves us with a navel. Your navel signifies the first source of suffering, which occurred just after you were born.

Every god is like a hill that gives Hindus a better view of nearby mountains. Every goddess is an elevation that points them in the direction of One God, similar to the great, Himalayan, mountain range surrounding Mt. Everest, the highest peak in India and on Earth.

Judaism was the first path up to the summit from the West. This is the path of wisdom as described in the story of the Israelite Exodus from Egypt to Israel with Moses about 3,400 years go. That journey freed the Jews from their slave masters to pursue the freedom to think for themselves.

The creation of the Jewish people and the gift of Israel as the homeland God Gave us is an allegory for the universal grounding that comes with political freedom (not with the autonomy to open your mouth to say anything that comes to mind).

The Jewish path is figuratively centered in your head. If your head isn't screwed on tight, nobody will care much

about what happens to whatever lies underneath your navel. And by that, I'm speaking about the guts you either have or are missing.

After Judaism, Buddhism offered the godless path to freedom from desire (+/-). That branched off from the Hindu path in India. The Buddhist path was forged about 2,500 years ago and is figuratively centered below the waist in the genitals, the site of lust: which is made up of cravings (-) and desires (+).

Then came the path of Taoism in China about 2,200 years ago, which presented us with an understanding of paradox. This path of faith is also figuratively centered below the waist, but in the anus, the seat of the ego. Once you can separate yourself from your ego you don't have to denigrate any part of your body.

Christianity was presented in the West soon after Taoism as a separate path that branched off from Judaism about 2,000 years ago in Israel. This is the path of love. Christianity is figuratively centered in the heart. Jesus was a Jew Who Beseached His Jewish Countrymen to get out of their head into their heart to perceive the world from His New And Improved Point of view.

Islam gave us the last and final path to the top: redemption before The One God. Islam began about 1,400 years ago and is figuratively centered in the breastplate, which designates the soul. When you can weigh your thoughts (head) against your feelings (heart), you create a conscience that can guide you to righteous action. And when your conscience about the treatment of others has been illuminated with awareness of how you've been treating yourself, you awaken yourself to God consciousness, which turns you into a soulful person that Anyone Would Want to keep by His Side forever.

All these paths up the mountain of faith in ourself lead to faith in Something greater than ourselves. All these paths upward are surrounded by indigenism, which, like a valley,

offers the option of believing in self-made, regional gods that are forged with the materials of the earth. Such people are often described as: nature lovers.

Some people put their heart and soul into creating idols that they then worship, not realizing that their effort and devotion to their creations was held in place all along by The Hand of God.

The word for *work* in Hebrew (*avoda*) also means *worship*. And you can surely see that there are a lot of people working very hard who aren't appreciated for their various forms of external worship.

Indigenism isn't centered in the body. It faces away from the body. But those who don't use their entire body as an allegory for even one of these spiritual centers figuratively located in the body, project their reason for being onto the external world to the detriment of what's going on inside of them. They figuratively scalp themselves in a pitiful effort to reveal a side of themselves to a mind they can't face.

This book focuses on the path of Buddhism, which is centered in the genitals, the spiritual seat of craving (–) and desire (+).

If you're a Buddhist who doesn't believe in God, God Bless you anyway for the path you're on. There's no point in the rest of us becoming experts on God if we know nothing about ourselves. We'd just make fools of ourselves.

### **The Path of Buddhism**

Historically and chronologically, Buddhism comes after indigenism, Hinduism and Judaism, and before Taoism, Christianity and Islam. It was created by Siddhartha Gautama, the son of an Indian warrior-king. Gautama led an extravagant life and reveled in the privileges of his social caste. But when he became bored with the indulgences of regal life, marriage and fatherhood, he wandered out into the world in search of meaning, renouncing his princely title,

becoming a monk and depriving himself of worldly possessions in order to search for the truth.

The culmination of his search came while meditating beneath a bodhi tree. (Other genera of fig trees are prominent in Hinduism, Judaism and Christianity. The fig tree is the only tree that bears fruit that we eat for its seeds. To consume each seed of truth is the wisest way to achieve the truth because virtue is then figuratively planted within you and emanates out to others from within.)

Following his epiphany, Siddhartha was known as the Buddha, meaning: the enlightened one. He spent the remainder of his life teaching others what he'd come to understand about this miracle we call: life on Earth as we know it.

The Buddha created The Four Noble Truths and the Eightfold Path. The Four Noble Truths are constructed upon the evidence of life as Buddha construed it:

1. Suffering exists.
2. It has a cause.
3. It has an end.
4. And it has a cause to bring about its end.

In other words, there's a system in place by which we can get to the summit of the mountain of faith without believing in God if we learn how to believe in ourself.

If not, there's always suffering to fall back on. But it might be a long way down from suffering to what's at the bottom of it all. So, beware. Life can end up being harder than it looks.

### **1. Right View**

The first path of the Eightfold Path is: right view. Right view elucidates that our actions have consequences; that death may not be the end of life; that our actions and beliefs will even have consequences after death; and that the

Buddha followed and taught a successful path out of this world and the two other possible worlds that hadn't been revealed yet: Heaven and Hell.

The right view is achieved when we're facing the right direction. With the right view on the circumstances of our life, we can deal with whatever may come because we're situated at the proper place within ourself to see where that challenge is coming from.

The right view comes from knowing where you came from and where you're headed. The right view comes with a devoted regard to your birth (beginning) and death (end). Without a sense of spiritual direction, you're likely to get lost.

Using a scientific expression of right view, every man is a combination of a y chromosome from his father and an x chromosome from his mother. Every woman is a combination of an x chromosome from her father and an x chromosome from her mother.

But this makes no mathematical sense in terms of biologic symbolism. The x chromosome from our mother isn't the same as the x chromosome from our father. So let's call the x chromosome from our mother: our z chromosome. That better differentiates men ( $y + z$ ) from women ( $x + z$ ). That better describes the gender and spiritual blueprint we get from our father (x or y) and the mysterious other characteristics, both physical and spiritual, that are passed along to us from our mother (z).

Since everyone has a mother and a z chromosome, this is the mysterious link between all human beings. Let's call that: our z factor. Our z factor is what we're talking about when we speak about: contemplating our navel (examining ourself). Everyone has a navel. Everyone came from a human mother. If you look at any picture or carving of Jesus, you'll see that even He Had a navel. And Christians believe He Is An Aspect (avatar) of God!

When we approach the mystery of our z factor, we're exploring something so deeply personal that it becomes universal. That's the essence of the right view.

## 2. Right Resolve

The second path of the Eightfold Path is: right resolve. When you can think clearly you can achieve right resolve. But right resolve requires wisdom. Knowledge isn't enough.

Right resolve comes from a head that's screwed on tightly. Right resolve comes from the Jewish path that holds no dogma about what happens after life, while turning the individual's head in the direction of righteousness.

The tendency of all Jews, but especially Jesus, to be crucified for our beliefs, is not just a Jewish predisposition and historical outcome. We all feel, at times, that we've suffered unjustly for something we didn't do that's keeping us from making our way to our final destination peacefully.

This is the hidden truth about self-abandonment issues that you may or may not yet have discovered about yourself. But when you do, it'll make it possible for you to make peace with the Jewish path up the mountain.

## **Torah**

Torah is the allegory that describes the path of wisdom up the mountain of faith to God. In the Creation Story, the first story in Torah, God Created a garden called: Eden. Adam and Eve ate from a Tree of knowledge that grew in that garden. According to Eve, God Forbade them from even touching that Tree.

Adam is a metaphor for the head of everyman: the seat of wisdom. Eve represents his heart: the seat of love. The serpent is his penis: the delivery system of his desires (+/-) . And the two fruits that hang down from that tree, one good (+) and the other evil (-) are represented by his testicles, which produce the life or death outcome that emerges from

the mouth of his serpent (semen). So the characters in the Creation Story are aspects of the Tree itself.

This is what it means in this ancient, Hebraic, revelatory metaphor to be a tree of *knowledge* (man: y), so similar, and yet so different from a tree of *life* (woman: z).

The Hebrew, creation metaphor unfolds as an allegory called: Torah. Every one of us begins as a tree that we've been figuratively forbidden to eat from. A baby can't even grasp its genitals. And, in that sense, every one of us was planted like a seed in this garden called reality to grow up to discover our own truths. Over time, we've all gone from shoot to sprout to sapling to a mature tree blossoming and blooming in our own unique ways.

The problem is that some of us unconsciously think we're so small that we look up like grasses, flowering plants and bushes at trees. And others look down on us as no more than weeds in their way.

You and I have deep linguistic, cultural and religious roots, regardless of our faith or philosophic background. We fruit in many wonderful ways. And although we enjoy picking other people's fruits (learning), it's still difficult for us to learn how to learn about our self from ourself. It's especially difficult to become wise, loving and worthy of redemption when so much self-knowledge is required over a lifetime to do so.

When we were very young, our world was like a backyard garden. Our parents' home was a little patch of earth where we learned to dig, plant seeds in rows and water those seeds until they germinated in magical ways. But when we started school and realized that everyone is planted in a garden such as ours, it's as though the world we knew suddenly grew bigger, when, in fact, it was us who'd grown.

In that sense, this world then became more like an orchard of new experiences than just a tiny garden with a couple of fully grown trees (parents) who we'd projected ourself onto.

As adults, this world is like an orchard made up of many individuals, each very different from the rest, and yet Created under very similar, spiritual circumstances. Therefore, we should conclude that the fruits of many others' trees are sweet and tempting, too, even if those people have ascended the mountain of faith on another path up from other sides of the mountain. We should learn how to climb (explore) all trees to appreciate how they've grown up somewhat differently from us to hold a view of life different from our own.

But because this makes the world very complex and difficult to negotiate over time, we ought to conclude that we're no longer in an orchard, but in a deep, dark forest. Life becomes scary in adulthood in ways we couldn't find words to describe when we were kids. Then, we relied on fairy tales to express this idea to us. But now we know personally what that means.

The modern world can be disorienting for everyone, children and adults alike. It's filled with wild creatures that are dangerous and frightening. It isn't always a botanist's dream. It can become a biologist's nightmare for anyone at any age.

You should now ask yourself how what was once a beautiful forest could have turned into an urban jungle; and how that jungle paved over with parking lots could then have gotten so filled with crocodile tears that parts of it have even turned into a swamp.

The word for "orchard" in Hebrew is: *pardes*. This world could be a *pardes* (paradise) on Earth, an orchard of opportunities if you understood the allegory of the garden upon which all the Western scriptures were constructed and the ways in which the Hebrew Testament was literally interpreted by our ancestors.

If you could decode all the world's scriptures with yourself as a tree of knowledge with fruit you're picking that are teaching you about yourself, you could use that

knowledge to create the tools you need to develop yourself righteously, to then be in a better position to help others.

If you don't do that, you might find yourself in a dangerous forest full of "wild animals" that don't know the first thing about the rule of law. These animals only know how to apply the laws of nature to themselves, concluding that the strong and powerful will win and the weak will become their prey.

Unfortunately, such animals don't know the first thing about evolution from a biblical point of view through figures of speech. They don't understand the magnificence of the potential inherent in human nature. They're prosaic. They aren't poetic.

Long ago, the dinosaurs literally disappeared from swamps, and little, furry mammals took over much of the planet as it cooled. So whatever's coming next here on Earth Is Anybody's Guess. But some of us truly believe that the meek shall inherit the earth. [Matthew 5:5] So let's all try to evolve together, not separately.

### **3. Right Speech**

The Christian is like a lumberjack who wears psychological overalls to protect his thin skin. He cuts down trees of knowledge and trees of life to use the wood for productive means. The Christian represents the third path of the Eightfold Path: (3) right speech. He abstains from lying, from divisive speech, from abusive speech, and from idle chatter.

But his goal can't be accomplished without self-love. If you have (1) the right view (Home) and (2) right resolve (head), you're going to need to express that with (3) right speech (heart).

The love Jesus Described that He Had for His Father was just the beginning of His Tale, as told in the Gospels. With His Works, Jesus Proved to some of the ancient Jews in Israel at that time that He Would Accomplished all three of

the first three paths of the Eightfold Path : (1) right view; (2) right resolve; and (3) right speech.

When a Christian realizes that s/he's unkind or untruthful, s/he cries out inside, unable to spiritually move about freely psychologically *inside* and sociologically *outside*. Their lack of love for themselves leaves them damaged in ways they can't explain to outsiders of their faith.

If you don't love yourself and treat yourself as you'd wish others would treat you, what deeds will you have accomplished to demonstrate to God that you even have a heart? How will you communicate with others if you don't know how to communicate lovingly with yourself? Those who do achieve right speech with themselves and others enjoy devotional prayer before God.

We're all psychologically needy. But we're also sociologically needy. And if society isn't woven tightly in one direction psychologically, and in the other sociologically, someone is going to come along and rip the fabric of that society to shreds.

*Exclusion* is the root of all evil, not *money*. Money is just *one* of the means by which people exclude one other.

Marriage equality should be important to all good people. If a holy union can't be forged between members of the same gender, how will you see examples of the x or y uniting with the z? If you can't achieve unity within yourself with your selves {x or y and z), how can you expect to get into a relationship that'll be meaningful, successful and inspiring with someone else? How will you ever find a soulmate?

None of the Abrahamic faiths would have to talk about their religious beliefs *ad nauseum* if their attitude came from a higher altitude up the mountain. The topic of God doesn't come up in Buddhism because the Buddha doesn't turn figurative speech into allegories, unlike the scriptures of the West and Hinduism in the East.

But the path of Buddhism is just as vital to God's Designs. If He Hadn't Produced a path anonymously, how'd we know that it's *our* dreams we need to pursue, not *His*? If we don't learn how to put our faith in ourself, what good is a road to Heaven, Paradise, Promised Land or Nirvana after we die? We all need to learn how to go our own way, together. But to do so, we need to pursue that path from within as well as throughout.

#### 4. Right Action

A religious Hindu hopes to make his way slowly through one reincarnation after another to finally become one with his Maker (The Spirit of God: Brahma). He wishes to prove himself by being heroic. He expects to have to do so over the course of many lifetimes. But he may not have contemplated his navel sufficiently to discover how much he has in common with women ( $x + z$ ), who have no testicles so far as his eyes can see.

The only thing a man ( $y + z$ ) can be sure of is that every woman ( $x + z$ ) has a navel, and that some women demonstrate great courage. So, a Hindu man may not fully appreciate the elephant in his midst ( $z$ ) because of The Elephant ( $x, y, z$ ) in the room.

This Hindu syndrome isn't Hindus' alone. It's universal. People aren't taught how to contemplate other people's navel, any more than they're taught to contemplate their own. They don't think about how others are struggling with *their* inner forces.

If you don't realize that you have two worlds<sup>1-2</sup>, a world<sup>1</sup> within that's private and a world<sup>2</sup> around you that you have to learn to share with everyone; male and female; straight and gay; Jew and gentile – you may not succeed in this, the fourth path of the Eightfold Path: (4) right action.

Therefore, in addition to (1) right view (Home); (2) right resolve (head); and (3) right speech (heart), you ought to pursue (4) right action (navel).

When we speak about right action, the most obvious right actions are the abstention from killing (6), cheating (7), stealing (8), lying (9) and coveting (10). In other words, wrong action is enumerated in the 6<sup>th</sup> through 10<sup>th</sup> Commandments Presented to Moses by God on the second of the two tablets he brought down from the mountain as described in the Book of Exodus of the Hebrew Testament. These are the actions we should avoid if we wish to sidestep suffering. Right action amounts to any actions we take other than these.

However, there's a sense of duality when it comes to right action that Has Been Given to us in the West hidden in Torah in the topic of slavery. All good people want to outlaw slavery everywhere in the external world. But in our internal world, we may need to become the master and proprietor over a part of ourself that needs to be dominated, controlled and yes, even shackled at times.

Slavery Is Permitted in Torah. So what does that say about Jews who wish to take Torah literally?

Such is one of the seeming paradoxes of life as God Presents it and man misrepresents it. The internalization of intention requires self-knowledge, self-love and courage in order for us to become soulful and righteous. This requires the ability to use our head, not just turn our nose up, avert our eyes or stiffen our neck.

But if you haven't disconnected from your mother psychologically despite the scar on your belly that proves that the two you of are no longer like Russians dolls, one inside the other, you may judge yourself as cowardly because you don't always have the guts beneath that navel of yours to do what needs to be done.

Orthodox Jews who still insist on taking all of the Hebrew Testament literally, especially by admonishing gays, secretly desire to return to a time when Jews were allowed to own slaves. The world has chosen to leave this abhorrent practice behind, but orthodox Jews can't admit

that not every aspect of God's Word Is intended to be taken literally. And rightwing Christians can't admit it, either.

Moses described human nature in a way that only those who've been around the world in seven ways will be able to interpret. Yet, these religious, Abrahamic extremists (Jews, Christians and Muslims) will cheat, steal and lie to enslave others, especially women. They'll endeavor to enslave the whole world to their dogmatic, literal interpretation of their scripture rather than figuratively look down at what's really going on in their navel and below it.

They see themselves as victims with a navel, genitals and anus below the belt that they don't want to talk about. Theirs is a religious quest to turn themselves into a bust. They want to cut off everything below their chest. They just want to be talking heads with a heart and soul. But they're really more like three heads banging up against one another.

Victims of their own transgressions don't remain victims for long. Soon, they defend their religious conviction by becoming martyrs. They turn into wild animals. They become territorial. And then violence begins anew.

Right Action therefore may confound you because what's right action in the external world<sup>2</sup> may be just the opposite of what's right action in the internal world<sup>1</sup>.

Believing in God can actually get in the way of believing in yourself if you're still thinking in unexamined ways. A moral quest to know and love yourself will be inhibited if you refuse to use your common sense because your scripture advocates for something that the civilized world has rejected as abhorrent and abominable.

Sleeping with men, for instance, isn't abominable. Slavery is. Oppressing people religiously, financially and repressing them psychologically is abominable. Sleeping with men is only distasteful if you're a straight male or female with religious issues you haven't unraveled enough to look at personally.

## 5. Right Livelihood

Our desires (penis) are figuratively located below our waist. Our desires allow us to choose between external cravings (–) and righteous longings (+).

Our penis allows us to figuratively disseminate those cravings (–) and longings (+). This differentiates lust from passion.

Our choices develop our conscience, making us virtuous (+). And this is what eventually makes us soulful.

An *external* craving (–) tempts us to reach for something material to fill the hole inside of us.

An *internal* craving (–) tempts us to reach for a negative thought, feeling or belief that'll fill that same hole.

If you're completely overwhelmed with *internal* cravings, take it from an expert, you'll eventually want to kill yourself. If you're completely overwhelmed with *external* cravings, you'll eventually want to kill someone else.

All righteous longings (+) are virtues because they satisfy our inclination to be good, regardless of who we're being good to: ourself, others or God.

The penis figuratively swells out of a craving for money, power and prestige. But with these three external temptations in place, you can gain control of your external world. What will happen thereafter within you isn't a part of your *story*. It's the way in which you live out your *allegory*.

The craving for power begins within. Once we get a taste for external power through fame and fortune, that craving can no longer be arrested by external means. It must be addressed internally.

People don't *change* externally until they've *transformed* internally. That's also why they don't *transform* internally until they've *transcended* their very understanding of life itself.

If the fifth path of the Eightfold Path is right livelihood (penis/clitoris), then noble endeavors are a must. Our desires

(+) should be used as an expression of nobility with spiritual direction and devoted interest to the betterment of the self. But those who live like a king and those who behave in a noble fashion are seldom one and the same.

It's vital to have a path up the mountain of faith that deals with desire (+) for the sake of creating a noble persona. But those "kings" who compare themselves to our One King by creating a contrary persona; by behaving in anti-social manners; and by using anti-authoritarian tactics to get their way – will surely never reach their own truth, let alone the Eightfold Path described by the Buddha.

The path of Buddhism is a response to Hinduism's spiritual consumption of millions of gods and demigods. Hinduism seeks detachment from earthly cravings to achieve oneness with Brahma, The Spiritual Essence of God without any physical containers. But the closest thing we have in the material world to such contents without living containment is: fire. (Very shortly I'll go into the attributes of fire in detail.)

If we don't begin by learning how to put ourself before others, we become obsessive. If we don't continue moving forward by learning how to put others next, we become selfish. And if we don't put God last, we become dogmatic.

If not for the Buddhist anti-authoritarian who pulls back the curtain on his own ego, how would we come to see that we've adopted the artificial image we've made of God as Wrathful, Domineering, Terrifying and Rule-Bound? A God without Mercy and Forgiveness is just a traumatized projection of ourself onto our Creator. That's not what He Really Looks, Sounds or Acts like. But how could you know that unless you've gone round the world in seven ways?

God Is our Teacher. He Is our Guide. He Is our Healer. He Is our Creator Who Gave us a spiritual, operating system by which to find our way Home. We must use our head to get out of our logical mind (that can only think about one thought at a time).

We must make our way into our heart (our rational mind that can hold more than one feeling simultaneously).

We must get out of our heart to rid ourselves of our hateful feelings of demonization for the sake of revenge.

We must go from there into our navel (detachment) to face our false attachment to others (x and y) to secure a greater attachment to the z side of ourselves.

Then we must go below our own belt to get a grip on our cravings (–) and to discover our misplaced longings (+).

Then we must use determination and self-discipline to find our way to look more realistically at the spiritual purpose of our anus (ego), so we can make our way out of ourselves and up to our soul for a better look at how and why we were made in God's Image in the first place.

If we don't take all these paths, we're going to behave like an egotistical fool in front of someone, for which we may pay with karma in our lifetime, and maybe even long after that (Hell or reincarnation).<sup>1</sup>

The seat of the force of desire {+/-} may be figuratively located far below our head, heart and soul, but the lust represented by our penis (or clitoris) isn't figuratively located that far below our navel. Once you can appreciate that scar we all share in the middle of our body, you can, at least, contemplate the universality of lust and the importance of passion as inner force common to us all.

We all know that when a man's serpent colludes with his wife to achieve their goals, his mind will then get embroiled in their trouble to the detriment of his conscience.

But that doesn't mean we have to avoid sex entirely or force people to have it any one way. The Jewish creation metaphor (and the allegory of Torah constructed upon it)

---

<sup>1</sup> Who cares if you can see light at the end of the tunnel? More important than that is where you plan on going once you get out of that dark tunnel into the light.

leaves wiggle room for greater knowledge to unfold as each tree grows with the righteous fruits of its own labors.

That said, each of us must come to understand the passion within us. Each of us must discover the fire inside that makes us who we are.

The attributes of fire are:

- |                  |                              |
|------------------|------------------------------|
| 1. Illumination: | Wisdom                       |
| 2. Warmth:       | Love                         |
| 3. Burn:         | Purification thru punishment |
| 4. Smoke:        | Communication And Prayer     |
| 5. Mystery:      | Questioning                  |
| 6. Sound:        | Mission                      |
| 7. Smell:        | Intuition                    |

Fire is the one container different from all other physical containers. Fire figuratively contains the seven contents above. The human being who seeks to understand and personify the attributes of fire becomes awakened to the magnificence of the container and contents he's been given.

The word "Holocaust" (with a capital H) refers to destruction or slaughter on a mass scale, especially caused by fire or nuclear war. During the Second World War, the Nazi Christians murdered six million Jews in the Holocaust by gassing them and burning their remains in ovens. Today we're facing the possible loss of *six billion people* if we don't get our syndromes under control.

Sacrificing Jews like animals is something we've seen before. It may be motivated by revenge in the name of all the animals that the ancient Jews killed in the Temple to tempt God To Give them what they yearned for. But today that only makes an animal out of those who do.

Many people who claim to want justice when they're really motivated by revenge don't understand the unseen forces within themselves. They're motivated by cravings (-),

not desires (+). This is the cause of all wars. And this is the cause of all mental and emotional illnesses.

Young people know this about themselves deep down inside, and they scorn us for not telling them the truth about what was happening to them growing up. They look up to us for answers in how to get it right.

Either people are inspired to change of their own accord, or they figuratively spend the rest of their life in court blaming the judge and the prosecution for their crimes against their own humanity. They insist that somebody else has to pay for them having been rejected by their mother when she went into labor. Somebody's head has to roll for them having had to leave their Garden of Eden in her womb where they could dream all day about the good life with God in paradise.

Birth is like the picking of forbidden fruit. It changes everything. It banishes you from paradise. And it leaves you with questions about why you're here, now.

Without Buddhism, our ascent up the mountain of faith in ourselves can't end with faith in all God's Names. Those who feel their heart in their throat know the taste of disappointment in themselves. Those who experience that sinking feeling in their stomach know the effect of having swallowed something awful (-) and awesome (+).

To know yourself you need only explore the z side of yourself. And when your mother passes on, then you'll be able to accept her throne graciously. That's what it means to go from a princess to a queen (z).

## **6. Right Effort**

We're all the personification of the sixth path of the Eightfold Path: right effort. We all have an anus, although we don't like to talk about it, except derogatorily.

What part of the body does its job more nobly than the anus? And what part of the body is more disrespected for what it does day after day without commendation or

appreciation? Once you understand this, you'll understand the relationship of right effort to Taoism and paradox. Then you'll be able to tell the difference between anus-holes and righteous leaders. (Stay tuned for my next book on that subject.)

When you put your effort into doing what's right, even if all the self-righteous, religious people in the world are against you because it says, or is implied, in their holy scripture that people like you are abominable, you'll discover in your own sweet way and at your own peaceful pace that you're a meaningful participant in *our* God's Designs.

When you can reveal to yourself your potential for hope and self-inspiration, it doesn't matter which road you take up the mountain. It doesn't even matter if you choose to remain on the great plain of indigenism. All roads are *holy* if you see yourself as striving to be *wholly* whole.

The Banishment forced upon Adam and Eve by God is a description of the spiritual passage of infancy. We all had to descend down the vaginal tube as though we were a seed bursting out of a shell. We all had to make our way through the ground of our mother's being into this world we have to learn to share with others. We all left the garden of infancy behind for the orchard of childhood. And the forest of adulthood wasn't far behind.

This is a topic discussed by Krishna with Arjuna in The Bhagavad Gita; Moses with the Israelites in Torah; Jesus with the ancient Jews of Israel in The Gospels; the Prophet Muhammad with the forefathers of today's Muslims in the Quran. But if you didn't have a clue to the main metaphor of Moses from the Creation Story, you surely missed the point.

In pursuit of answers, we internalize the outer world in the same way that we internalize food as knowledge by biting into information; chewing on new ideas; swallowing concepts; stomaching thoughts that upset us; digesting theories; and then releasing all that we don't need to know

back out into the external world in a whole new way. (What you're doing right this minute is a form of intellectual consumption of the new ideas that I'm feeding you.)

When we say that someone is full of crap, we're really trying to express our concern for a backup in their spiritual, operating system. He's clogged. He's stuck somewhere inside. He can't find the answers he's looking for because something is causing him spiritual constipation.

By metaphorically taking the road our food takes and, like our food, coming out the other end of ourself, we discover what's happening inside of us so we can then solve the external problems that challenge us.

When we don't yet realize that the voice of our ego figuratively comes near the end of our digestive track, and not somewhere at the beginning or in the middle, we give our ego more importance than it's worth. And then we misinterpret or exaggerate the crap we're making our way through in the external world.

Those who are figuratively anal retentive become needy and greedy for answers. They want to hold on to everything they've got in the hopes of achieving more.

Those who are anal expulsive become wrathful. They play god. They pretend they're like The God of the Jews, and they let everyone know how mad they are with the way things are.

What goes into us literally is food. What goes into us figuratively is knowledge. What comes out of us literally is excrement. What comes out of us figuratively are spiritual answers. What gets stuck inside is religious dogma.

Rodin's sculpture of "The Thinker" is a spiritual description of how we figuratively solve our syndromes while seated on the toilet. That was his Western interpretation of contemplation. As a Frenchman, he must have loved food. And so this may have been his best guess about the meaning of *food for thought*.

I know the colors of the rainbow. I know the color of rage (red). I know the color of agony (orange). I know the color of horror (yellow). People taught me the jewel tones of the first three colors of the rainbow in my heart. And nobody is going to use colorblindness before me as an excuse for their behavior.

I *can* forgive the Christians worldwide for not shedding a tear when the Europeans enslaved the Jews in the last century in order to cut them down and burn them like scrap lumber. But I can't exonerate them for taking the Hebrew Testament literally today, and that includes the orthodox Jews.

I can even forgive the ancient Jews for not shedding a tear when the Romans crucified Jesus. He Was the first example of the z side surfacing to consciousness in man. Whatever Gifts He Got from His Father, I can't say. But Jesus Knew that His Z Side was given to Him by His Mother. And you should, too.

God Made the Jews in His Image. And that includes our anus. Look at what you've got closely, or you won't discover what's coming out of it. You're no different than us. Pull the curtain back on the stage where the humbug believes *complicity* is a virtue and *congeniality* is a vice.

## **7. Right Mindfulness**

We're all the personification of the path of redemption despite disappointment in others and regrets about things we didn't get to say and do for our parents in a timely manner. We're all striving to be soulful. Therefore, the wisest speak from the seventh of the Eightfold Path: right mindfulness.

To *use* your mind without *losing* your mind is an art in itself. To avoid that unfortunate outcome, you have to become mindful of yourself, not just mindful of others or God.

Thinking kindly of your parents is the consequence of thinking clearly about yourself in relation to your journey

with the host of characters inside you that you have a duty to yourself to get to know in the biblical sense of The Word.

Getting God To Listen to you requires lending Him your ear. If you can't feel for how He Feels; and if you can't imagine how patient He Has Been with you – you aren't going to get Him To Lend you His Ear.

The new and improved rainbow flag features black, brown, light blue, pink, and white stripes to bring those communities into view. It stands for marginalized people of color; trans individuals; those living with HIV/AIDS; and those who've been lost. [Internet]

Just kissing God's Behind in your house of prayer isn't going to get you what you want out of life. His Behind Is full of far too many smooches. That's the wrong way to approach Him. You're not even going to go far in this world if you kiss *other* people's asses. And kissing your own is certainly a contortion you don't want to have to get into.

If a man doesn't know himself well enough, he may exaggerate the size of his breasts (z), not just the size of his penis and testicles (y). In this way, he may try to magnify his own secret so he can see it himself. But if he doesn't go on the adventure from top to bottom, from mouth to anus, he'll never stop blaming the Jews for him Having Been Created in God's Image, an image in his imagination that he ought to take figuratively rather than literally. [Genesis 1:27]

## **8. Samadhi –Homeward Bound**

Samadhi is the eighth path of the Eightfold Path. Samadhi is a state of intense concentration achieved through meditation (spiritual fasting). Spiritual fasting occurs nightly until you break that fast by opening your eyes in the morning and guzzle up more light to become more enlightened, poetically speaking.

In Hindu yoga this is regarded as the final stage, at which union with the divine is reached (before or at death). Hindu

scripture explains: “I am absorbed in celestial Samadhi, lovingly attached to The Lord forever.”

The word “Nirvana” literally means “without wind.” In the West, Judaism offers the grounding we need in its creation metaphor for all forms of One-God-consciousness to build upon that. Christianity holds the holy water that causes the seeds of our faith in God to grow. This corresponds to loving emotions that need to be nurtured. Without positive feelings pouring into our thoughts, our heart spills out vitriol in uncontrolled ways, leaving our thoughts parched and gnarly. Our wood becomes warped and our roots, twisted and distorted.

But Islam is like the sky that holds an invisible power we all need: the wind. And the wind moves us whether we see it coming, or not. Usually we see only dark clouds amassing on our horizon, and presume from this that another horrifying Act of God is approaching.

What unites the Abrahamic faiths is fire, in addition to earth, water and wind. Fire has seven attributes. And you’ll experience all of these attributes in your own way over a lifetime:

1. Illumination	Wisdom	Judaism
2. Warmth	Love	Christianity
3. Burn	Purification	Islam
4. Smoke	Prayer	Hinduism
5. Mystery	Questioning	Buddhism
6. Sound	Mission	Taoism
7. Smell	Intuition	Indigenism

To be without wind is a paradox in your inner world, although it’s common in the figurative deserts of this world as you make your way fearfully from one place to another. Inside you, there’s almost always at least a mild breeze blowing. You experience this as the flickering of your own flame with mystery, awe and inspiration.

Granted, your flame burns brighter, hotter and faster if there's less wind. But such are the fickle conditions of inner weather issues.

Nirvana is the experience of a windless day within. It's the experience of neither Heaven nor Hell. Nirvana is the experience of being beyond reincarnation.

Getting Home is harder than it looks. To do so, you have to figuratively go on an adventure that goes both East and West to face all those issues inside that would thwart your effort to go any way you choose. But I suggest you do so like a lady (z).

To go only North up the mountain of faith using the name for God you were taught as a child is a fool's errand. You need to experience *loving* and *earning* simultaneously. That's the very definition of: *learning*.

External success will only lead you to a fool's paradise if you don't use your embarrassment to achieve modesty; your shame to achieve humility; and your humiliation of yourself before yourself (melancholy, depression, repression) to admit to your head, heart, navel, penis, anus and soul that you've behaved shamelessly in how you've treated them.

I strongly recommend you travel East and West as well as North and South to discover the spiral path that ascends to The Universal God Who Created all the paths you'll cross on your way up the mountain to the summit.

Only in this way will you come to learn how to go South much sooner than me. There's no reason to wait until you're my age to do so. You don't have to wait for your mother to die to go from princess to queen (z). You can discover your own z factor and express it shamelessly without mocking a single woman. Women are reminders to men that we all came out of one such as them.

More than some people want to go to Heaven, they really just want to be reincarnated to be able to come back to help all those who seek awakening and even those who don't.

Helping others becomes their greatest desire (+), not Nirvana. It's through helping one another by day that we reach Nirvana every night.

Once you reincarnate yourself on a daily basis thanks to the dreams you've had the night before, you get up in the morning in the same container but with contents that have been shaped differently from the day before. You know a new possibility and potential for self-mastery.

Such is one of the mysteries of the mastery of life that I can't prove to you. It's gossip. It's hearsay. It's just babble oozing out of the top of my tower of power like precum that I can't confirm without personal proof of what's coming next.

But I can tell you that if you don't make it from blue (grief) to indigo (awe and mystery), you'll surely die red (enraged).

Dreams are the consequence of the download of new information into your operating system during the night. Dreams aren't just mental excrement.

But just as a medical lab can discern the health of your body by your feces, you can learn how to investigate your dreams for personal insight into your spiritual health and the direction of your healing.

Dreams are cooperation with God. They leave you with new impressions of yourself by morning. Dreams are clues to where you are on your journey. The more you live them out by day, the more you'll appreciate the dreams you achieve the next night.<sup>2</sup>

Reincarnation, like the concepts of Heaven and Hell, can become a way of describing experiences you're going through in your inner world. You don't have to wait for death

---

<sup>2</sup> For more insight into this topic, consider reading my previous book, Playing god with God: Hinduism, Health and Healing.

to better yourself enough to reach Nirvana. Reincarnation is an awakening that's as close to you as Kansas is to Oz.

This isn't done only by contemplating the words of Krishna to Arjuna or by applying the wisdom of Moses to your relationships. This isn't done only with Christ's Love for the world or with the revelations from the Prophet Muhammad as he recited the words of the Archangel Gabriel.

To be all that you can be, you must first be able to recognize the individual voices inside you, even the beguiling, silent voice of your penis or clitoris that says so much without ever uttering a word.

In the case of Jesus, He Quoted the words of Moses. And the Prophet Muhammad applied the words of Moses and Jesus in the Quran. But it's up to us to use these scriptures to allow them to *read* us.

Moses may have inspired us to agree that when *it* (our serpent) conspires with *her* (Eve), *he* (Adam) gets in trouble with *Him* (our conscience). But nobody was more inspired by Moses than Jesus and the Prophet Muhammad.

If we're going to save the planet, we'd better learn how to integrate indigenist wisdom in with our own. We'd better learn to idolize the land, sea and sky. Because we sure as Hell aren't going to get where we need to go without an indigenist view of nature. Even the Holy Land is crying out for an indigenist love of life that many there aren't hearing. And by extension, the people of every other land should learn, by example, to do better with their land, sea and sky.

The creation story is a *metaphor* upon which all of Torah is extended into an allegory. Torah holds the wisdom upon which faith in The Universal God of us all is figuratively grounded.

Jesus Expanded upon the main metaphor of Moses with His Concept of *symbolic* logic. He Asked that His Body (container) be remembered with bread and His Blood (contents), with wine. He Was the first bottle to describe

Himself as filled with ketchup (secret sauce). The contents of His Being, as He Described it to the Children of Israel of His Time, was: love.

The Prophet Muhammad expanded upon those principles with 114 *similes* for life as given to him in each chapter of the Quran by the Archangel Gabriel, who figures prominently in Hebrew and Christian scripture, as well. To expand the Quran with the tools of metaphor, symbolism and simile gives you the ability to achieve redemption before God.

All the ways in which you've allowed yourself to take the rocky road West (toward modernity) will serve you in the end, provided you have a healthy respect for the indigenist plain that surrounds the mountain of faith on every side.

The fact that modernity is driving us toward the sunset of humanity (West) only means that we need to believe in miracles all the more. We need inspired experiences that'll turn us all South figuratively before it's too late.

Because Hinduism was created before Judaism, Hinduism should be described as the stem of the forbidden fruits of good and evil before humanity got to discover the tree of knowledge where those fruits (+/-) came from and were later picked.

We must all learn to seek permission to pick the fruits of good and evil from our own tree after we identify as a victim who was psychologically detached from our first "god" (mother).

Our mother was only the first "god" in our life. All efforts to play god with people or to play god with God come from our relationship to her. We were all severed from that lifeline with the knotting of our navel. And then the circumcision Jewish and Muslim males experienced after that will either set us up for peace between brothers (Ishmael and Isaac), or it'll lead to the demise of us all.

Buddhism brings us below our waist to the realm of cravings and desires. To understand how we can control our cravings makes it possible to avoid screwing ourself over and then having to go through the humiliation of Being Judged as behaving in morally dirty ways.

The translation of The Dhammapada I'm using is that of Penguin Classics: The Dhammapada, The Path of Perfection, translated from the Pali with an introduction by Juan Mascaro, 1973.

### The Dhammapada

The Dhammapada is a collection of sayings of the Buddha in verse form and is one of the most widely read and best known of Buddhist scriptures. Generally, dhamma refers to the Buddha's doctrine of an eternal truth. And, at its root, pada means "foot" and thus by extension, especially in this context, means either "path" or "verse." [Internet]

The Buddha isn't one of the names for God. But our Creator Isn't obliged to limit Himself to awareness of His Presence using any of His Names. He Has the moral Authority (with a capital A) to use any means He Chooses to awaken us to our misperceptions of ourself as we morally interface with internal and external reality.

Therefore, the Buddhist path up the mountain of faith looks out over the faith we develop in ourself, and, by extension, in ourselves as tribes and sub-tribes. Faith in God isn't directly needed for that.

Many people who have an extremely low sense of self-worth claim to have enormous "faith" in God. But because of their low self-image, they do terrible things in God's Name without a care in the world for how they'll feel about themselves later on for having done so. They simply rationalize their behavior with the excuse that they're God's Emissary (with a capital E...) on Earth, and therefore have His Permission to behave anyway they please. Convincing them otherwise has taken up an unnecessarily large portion of His Story (history).

In the Hindu allegory of the blind men and The Elephant, each touches The Elephant in a different spot and therefore gets a different impression of what The Elephant looks like.

The Buddha is like a blind man who doesn't touch The Elephant anywhere. He determines his impression of The Elephant using his own desires (+/-) as a template, or stencil, by which to ascertain his only outline.

As such, his is the godless path to God. And in Buddhist dogma, the outcome of this path is the windless path, the path that's devoid of spirit (air). This is the path that extinguishes all fire: the vacuum (inner space) that we imagine outer space to be like. This is the path to Nirvana.

I may be someone who believes in God, but I also believe in hard evidence. I'm not afraid of God because He Interweaves poetry with prose to make His Point. I believe in touching The Elephant myself, as well as listening to those who've touched themselves in places I haven't.

For someone for whom self-esteem and faith in myself is even more important than esteem of God and faith in Him, the Buddhist path became paramount to my journey.

From the writings of the Buddha, it was easy for me to conclude that Siddhartha Gautama didn't know much about guilt, only desire. He didn't know that embarrassment of our body, when overcome, leads to modesty. He didn't know that shame of our character, when overcome, leads to humility. And he didn't know that humiliation before God, when overcome, leads to "chesed" (Hebrew: loyalty). These are Western interpretations of reality that Siddhartha Gautama couldn't avail himself of at the time he lived. These are parts of The Elephant he couldn't see, never heard about and had no template to trace.

There's some question whether Siddhartha Gautama might have had a wife and child. It only appears from scripture that we know his mother died a week after he was born. So we can say without doubt that he was an orphan, even if we're not sure whether he was a husband and father.

We also know for sure that as a young man, he was confined to a palace by his father to prevent him from turning

toward Hinduism. So his relationship to his father might be described as having been ambivalent or even negative.

Whatever the roles he played before he left his life of privilege to pursue enlightenment, the Buddha may have experienced an unfocused rage at having lost his mother and had a father who held him prisoner to a lifestyle that didn't interest him.

These circumstances may not have led to feelings of guilt if his rage remained unconscious. But his circumstances obviously had a strong effect on his opinion about cravings (–) and the suffering that ensues unless you feel the remorse needed to change your ways.

The Buddha didn't believe in the Hindu gods that point Hindus in the direction of God through multiple reincarnations. But he clearly knew that he had cravings that were projected onto an external world that he was motivated to renounce. His path up the mountain of faith turned into faith in himself. And that path to faith is as valuable as all the other paths that lead to faith in God.

In fact, faith in *ourself* may be even more valuable than faith in God. It begs the question how any true believer can have faith in *God* if he hasn't developed that faith from within. How can he give something to God or others that he hasn't first succeeded in giving himself? Or, as Ru Paul said, "If you can't love yourself, how in the Hell are you gonna love Someone else?"

Those who are obedient to the leaders of their faith because they've been brainwashed into believing that obedience is the most righteous of all virtues are going to behave in an erratic and immoral manner in some other area of their life. Learning obedience to yourself is called: self-discipline. And that's far more valuable than the obedience to God some religious leaders espouse.

Without faith in yourself, you can't attain the big picture on the screen, let alone obtain a ticket to get in the theater.

Therefore, Buddhism, the godless path to God, is essential in coming to know one's self/Self.

But the paradox of learning about one's own creation through learning about our Creator in both our worlds<sub>1-2</sub>, internal<sub>1</sub> and external<sub>2</sub>, is an outcome that we aren't going to go into in this book. That paradox will be discussed in my next book on Taoism.

The Dhammapada is comprised of 423 aphorisms divided into 26 chapters. I've chosen a few aphorisms from each chapter to discuss here.

The universality of all ideas is founded upon the Spiritual, Operating System (S.O.S.) inherent to all human beings, then and now. When you seek to know yourself, you not only learn a lot more about others. That may even evolve into you learning something about The One God Who Created us all.

### Contrary Ways

The concept of contrariness is an utterly inspired topic by the Buddha. Who but the Buddha would begin his discourse with this overriding impulse of man? It begs the question, "What motivates man to want to do that which goes against his very nature?"

In the creation story from Torah, contrariness is described as motivated by a serpent. You might believe this vice originates outside yourself if you weren't taught to take the first story in Genesis allegorically. Blaming a serpent in a tree or the prince of darkness from Hell (satan) for beguiling you to behave in ways that are contrary to your best interest is no way to take responsibility for your actions. And it certainly doesn't improve your ability to exercise self-discipline. Such beliefs only lead to excuses, rationalizations and, ultimately, denial of your responsibility for how this world is changing.

Rod Serling (Jewish) wrote a "Twilight Zone" episode called, "To Serve Man." It was about aliens who came to

Earth to help us achieve peace. And they did what they set out to accomplish. But the “bible” they brought us (To Serve Man) turned out to be a cookbook...

The Republicans are like those aliens. Their platform is also: to serve man. Sadly, they can't even see from their own evil actions how they're cannibalizing the nation and the world. Such are the outcomes of contrarians.

The 1<sup>st</sup> of the 423 aphorisms is, “What we are today comes from our thoughts of yesterday, and our present thoughts build our life of tomorrow: our life is the creation of our mind. If a man speaks or acts with an impure mind, suffering follows him as the wheel of the cart follows the beast that draws the cart.”

This idea is balanced with the 2<sup>nd</sup> aphorism, “What we are today comes from our thoughts of yesterday, and our present thoughts build our life of tomorrow: our life is the creation of our mind. If a man speaks or acts with a pure mind, joy follows him as his own shadow.”

The 8<sup>th</sup> aphorism brings us to the center of these two extremes. “But he who lives not for pleasures, and whose soul is in self-harmony, who eats or fasts with moderation, and has faith and the power of virtue – this man is not moved by temptation, as a rock is not shaken by the wind.”

The concept of contrariness may be best summed up in the 11<sup>th</sup> aphorism, “Those who think the unreal is, and think the real is not, they shall never reach the truth, lost along the path of wrong thought.”

Those who think in contrary ways have confused their outer world with their inner world. They're contrary with us, when they should be contrary with themselves. They oppose peace and prosperity with others because they're hoarding their desire for unity for themselves. But because they don't know themselves; because they're not familiar enough with all seven aspects of their inner world – they can't see that which is so obvious to the rest of us.

The Buddha concluded that contrariness comes from the mind. But I'd add that the concept of the Eastern mind is a combination of the serpent (penis), Eve (heart) and Adam (thoughts) in the Western concept of the mind. The Western mind separates these inner forces, while the Eastern mind unites them into the word: mindfulness.

Our actions are based on cravings (serpent) that tempt our emotions (Eve) that then, together, tempt our thinking (Adam). This causes us to behave in ways that are contrary to our conscience, which may then work against own interests in an effort to achieve justice for others over time.

If you don't know this about the conscience, you may become fastidious, puritanical, obsessive, compulsive, intrusive and/or superstitious in an effort to overcome your contrary tendencies. You may even break the law or, like Republicans, create laws that give you the opportunity to steal "legally." Being good is harder than it looks.

### Watchfulness

The truth described in Chapter One of the Dhammapada can't be believed or agreed to without personal validation. And that validation can only come with self-observation (watchfulness).

The 25<sup>th</sup> aphorism makes a leap of faith based on this strategy, which is a necessary step for advanced, spiritual thinkers. "By arising in faith and watchfulness, by self-possession and self-harmony, the wise man makes an island for his soul which many waters cannot overflow."

Thoughts are like solids. Emotions are like liquids. An island of sanity is created in the soul which rises out of empty space like a volcanic island rises out of the ocean. On that island, feelings can't deluge our thinking with waves of rage, agony, horror, jealousy or grief.

In our soul, we find all three: thoughts (earth); feelings (water); and wind (air). The only thing that may be missing

is passion (fire). If the volcano is very old, the fire may have gone out.

In this way, the Buddha engages with a deeper meaning of the word: soul. In Western thought, the soul is that aspect of the human being that describes the unique individuality of that person, as Created by God.

The Buddha suggests that the soul exists independent of a Creator, just as a Ford automobile exists independent from the Ford Motor Company. Permission from The Manufacturer isn't needed to go where you want and do as you please.

When Chiquita died and was dismantled for parts, I had strong feelings for her having left my life. But the one with the soulful regard was me, not her. Your idols will forsake you, as did mine.

The 29<sup>th</sup> aphorism states, "Watchful among the unwatchful, awake among those who sleep, the wise man like a swift horse runs his race, outrunning those who are slow."

I'd put that differently. I'd say that life is like a school. God Is our Teacher. The student who sits near the front of the class who observes the lessons of life with attention and well thought out questions will graduate (die) with high marks (rewards).

Whether or not you believe in The Teacher, there are those who do. And when they pray, they may say, "Thank God." But how do they pray to God directly while saying *thank God* to themselves in the third person?

When you pray to the God<sub>1</sub> within you, and thank Him<sub>1</sub> in the third person, you're thanking the God<sub>2</sub> in the outer world. You're admitting to yourself that God<sub>1-2</sub> can be in two places at once. And by extension, you're admitting that how you face Him<sub>1</sub> internally and how you face Him<sub>2</sub> externally requires a consistency about yourself that you aren't going to be able to achieve without becoming conscientious and soulful.

If you're a thoughtful person, how do you sneeze when you're alone without blessing yourself? (God Bless me.) There must be two halves of us (head and heart) that have the potential to make us whole.

So, whether you're a true atheist (Buddhist) or true believer, we're all in this mysterious experience of reality alone, together. Sometimes we must work cooperatively with others. Other times, we must work independently.

Ultimately however, no one's grades are going on our report card. You'll win the race if you run it against yourself. If you run it against others, there's no telling who'll win. The Republicans insist that the God-fearing Christian will always win. The God-fearing orthodox Jews and Muslims say the same about themselves. I say the righteous will win.

It doesn't matter if you learn with The Teacher or on a course of self-study. So, let's not get caught up in an argument initiated by the prosecution or defense. Let's maintain the position of judge on the bench. Let's be watchful and observant.

The 31<sup>st</sup> aphorism uses the concept of fire as a simile for our hungers, "The monk who has the joy of watchfulness and who looks with fear on thoughtlessness, he goes on his path like a fire, burning all obstacles both great and small."

The Buddha is implying that we have two kinds of desires: (1) desires that are contrary (evil) that take us in the wrong direction (-), and (2) desires that are good that take us in the right direction (+). Both these desires figuratively burn like fire and ice.

The monk who has the skill of watchfulness and an aversion to thoughtlessness will come to know all the emotions associated with the rainbow of hope: rage, agony, horror, coveting, grief, awe and ecstasy. He'll come to know the meaning of fire and ice (passion).

## The Mind

The 43<sup>rd</sup> aphorism ends this chapter, stating, “A father or a mother, or a relative, can indeed do good to a man but his own right-directed mind can do to him a far greater good.”

The animalification of our desires as a snake or a dog, like the description of them as fire, produces the need for caution in talking about this force that comes from our loins and is called: lust. Our parents may have taught us to be cautious of our cravings, but they didn’t point to what’s between our legs to connect the concept of craving with the burn of fire and ice. They were too tactful to be that candid.

Passion is like ripples of fire and ice; passion burns our feelings with a sensation that tempts us to do things we wouldn’t otherwise be motivated to do. Feelings (Eve) set aflame with passion (serpent) will then have a powerful effect on our thinking (Adam) and, over time, on our beliefs (conscience).

More often than not, we bring our passion along with us as though it were a pet: a dog on a leash or a housecat. And this leads us to think that God Comes with us rather than we seeking Him. <sup>3</sup>

### The Flowers of Life

47. “Death carries way the man who gathers the flowers of sensuous passions, even as a torrent of rushing waters overflows a sleeping village, and then runs forward on its way.”

Death carries us all away, whether we gather the flowers of sensuous passions, or not.

I find it a bit extreme to compare passion to a flood that inundates a village. People may also have a passion for freedom. They may have a passion for truth. There’s a

---

<sup>3</sup> One of the names for Jesus is “Emanuel,” which is mistranslated from Hebrew as “God with us.” What it really means in Hebrew is “us with God.” Therefore, seek God.

passion for justice we should all seek. There are many passions, and they all burn inside of us, whether or not they're ignited by negativity.

55. "There is the perfume of sandalwood, of rose-bay, of the blue lotus and jasmine; but far above the perfume of those flowers the perfume of virtue is supreme."

So the Buddha tells us that there is one kind of flower that's equated with sensuous passions, and then there's a perfume that comes from a whole other kind of flower that produces virtue.

The Buddha has distinguished the flowers we gather for their looks (sensuous delights) from the flowers we gather for their smell (virtuous delights).

That which excites the eyes is very different from that which excites the nose. The nose knows. The nose is in touch with a level of understanding that corresponds to supreme virtue. The eyes can't perceive the depth of this kind of beauty.

This begs the question what the *flowers* from the tree of knowledge are in the Hebrew creation story if the *fruits* of it are described as good (+) and evil (-). One can only conjecture that those who blossom and bloom with righteousness as they mature will carry a beauty and fragrance that others won't. They'll come to know a level of virtue that's deeper than for those who just agree to do what others tell them is right or wrong. And they'll be introduced to intuition: the godly fragrance we all aspire to inhale.

#### The Fool

71. "A wrong action may not bring its reaction at once, even as fresh milk turns not sour at once; like a smoldering fire concealed under ashes, it consumes the wrongdoer, the fool."

The truth about reactions not occurring at once can be maddening. In the external world, you drop an object from a

building and it falls to the ground at a measurable speed. But in the internal world, there are many moving parts to morality. One part may affect another without an external effect appearing immediately on the surface in the world we share. Therefore, people may come to the conclusion that there's no consequence for indulging their evil inclinations. They may assume that there's no reward for virtuous actions, either.

In truth, every intention for good and evil we conceive of is like a bud that may eventually fruit. In this way our tree of knowledge becomes more and more fruitful over time thanks to our thoughts. To what extent the fruits of our labors are sweet (loving) or bitter (disappointing) is a question that takes time to determine. Ripening spiritually, unlike self-righteous religiosity, is a slow process.

Some people are chosen, like The Chosen People (Jews) Were Chosen by God. Others get to choose. But being gay or Black isn't a choice. You Were Chosen to be gay or Black. You can't choose to be gay any more than you can choose to be straight. If you don't think everyone Was Chosen in some ways and able to choose in others, you're a fool.

72. "And if ever to his own harm the fool increases in cleverness, this only destroys his own mind and his fate is worse than before."

This issue is what we call: an ego issue. When you don't internalize your contrariness, you create havoc around you. But when you do internalize it, you end up repressing your feelings and inhibiting yourself from acting on some of your deepest desires (+).

For that inner havoc to become apparent to you takes time. It can even take a lifetime for people to stop internalizing their contrariness with themselves. Sometimes it takes an Act of God before some people are motivated to begin contemplation of their navel (figure themselves out).

This is why those who are insane often appear to function normally in others' eyes. It's only after the insane person

snaps and does something criminal, violent or destructive that it becomes apparent that his or her inner world had been deteriorating for quite some time.

Today, we live in a world similar to that of the dinosaurs and mammals 65 million years ago when the dinosaurs went extinct. The moral evolution of today has left us in a world with reptiles and vultures (Republicans) that eat carrion.

But the rest of us will get through this horror about reality as morally warm-blooded Democrats in a swamp if we perceive our own good and act only on that.

To overcome your own self-destructive tendencies, you have to understand the spiritual style of each of the forces within you. Your head can be crucified by your own thinking, leaving you behaving unwisely. Your heart can be sealed shut by your own lack of feelings for yourself, leaving you behaving hatefully. And your navel can be a constant reminder of the earliest pain you ever experienced that causes you to detach from the consequences of your own traumas, leaving you stuck in place in some dead end job or loveless relationship that's habitual and shallow.

### The Wise Man

76. "Look upon the man who tells you your faults as if he told you of hidden treasure, the wise man who shows you the dangers of life. Follow that man; he who follows him will see good and not evil."

The wise man seeks the z factor within. And the wise woman seeks the same. This universal treasure hidden in plain sight creates the opportunity for achieving your soulmate. And, in the end, who really wants to go through life alone? It's nice to be able to watch *yourself*. But it's even nicer to have someone who loves you enough to watch over you.

86. "But those who, when they know the law, follow the path of the law, they shall reach the other shore and go beyond the realm of death."

The Israelites got away from their Egyptian slavedrivers thanks to a miracle at the Red Sea which made it possible for them to get to the other shore (The Sinai desert). But when they reached the Eastern border of Israel, they had to get across yet another shore, that of the Jordan River to go West into Israel. Moses couldn't do it. He had to give that job over to Joshua.

No one can get to the other shore all alone. You've got to have other voices within you to do some of the things you aren't capable of doing. You may not need family, friends or a soulmate. But you need a Joshua (Hebrew: savior) who can get you to the other side of yourself. That inner voice may now be projected out onto Moses, Jesus or the Prophet Muhammad.

But what the Buddha is saying is that you can break that projection and internalize that voice. I agree, but I'd add that you don't have to give up your faith in God to do so. Your faith in yourself will augment your faith in Him.

89. "For he whose mind is well trained in the ways that lead to light, who surrenders the bondage of attachment and finds joy in his freedom from bondage, who, free from the darkness of passions shines pure in a radiance of light, even in this mortal life he enjoys the immortal Nirvana."

Attachments are an ancient way of describing: projections. The bonds we develop to the external world create our sociological focus on the outer world, often to the detriment of the psychological bonds we need to develop within.

The windless place (Nirvana) is achieved by taking the path without religious intervention or attachment. Let the beliefs you come to about life tickle you like a summer breeze, not lift you off your foundation like a tornado. Let

your hunches and assumptions take you up while seated comfortably as though you were in parasail towed by a motorboat.

### Infinite Freedom

91. "Those who have high thoughts are ever striving; they aren't happy to remain in the same place. Like swans that leave their lake and rise into the air, they leave their home for a higher home."

Dorothy left her home for a virtual home. Call that other place: Oz. Call it: a promised land. Call it: your inner Israel. Call it: a weird combination of Heaven and Hell as you now experience life here on planet Earth. Call it: Nirvana. What difference does it make what you call it?

What's important is that you go within, bringing your imagination with you as your greatest companion. Only with an open mind and a creative imagination will you discover the roles you're playing and those you're avoiding.

What's the point of dreaming of being a star if you refuse to learn how to shine? Dwarf stars suffer lack of luminosity, mass, and size. The Sun is a yellow, dwarf star. You can do better.

Call Nirvana a place you come to within where every experience you go through is personally meaningful and hopeful, even if it's not always pleasant. Call that place: your soul. Anyone who's at home in his soul has achieved Nirvana. And that awakening only grows.

We're mortal. We're human. We're going to die. When we're young, we think the sun only rises on our right (+) in the East and it only sets on our left (-) in the West. But as we learn to face our traumas with hope, self-intimacy and inspiration, we discover that the sun is now rising on our left

(+) in the East and setting on our right (-) in the West. Call that the Southernly direction the route to Nirvana.

Whenever we go through a trauma that's so great that it changes our very perception of life, we get a glimpse of the Southernly route.

There was a time not that long ago when people thought left-handed people were possessed by the devil. So I strongly suggest you get over your fear of all that's left, gauche, vulgar, tasteless and even tacky. Who cares more than you if you're clumsy, inept, uncouth or graceless? If you don't turn left once in a while, you'll never get it right.

This reassessment of our inner orientation to life is described by many names: growth, maturity, awakening, evolving or enlightenment. It can take some people a lifetime to go North (toward success), turn left (West) to face the setting sun, and then turn left again (South). I call that the inverted U turn that brings you a whole other perception of what life is all about and where it's taking you.

93. "Who can trace the invisible path of the man who soars in the sky of liberation, the infinite void without beginning, whose passions are peace, and over whom pleasures have no power? His path is as difficult to trace as that of the birds in the air."

The path of infinite freedom isn't free. Freedom is a description of a political change that removes the bondages of unjust laws that keep people enslaved to cruel masters.

The path of infinite liberation isn't liberal. Liberation is a description of an emotional transformation that removes the weights that shackle us to ourself.

The path of infinite emancipation will require someday emancipating from life on Earth itself. Emancipation is a description of a spiritual transcendence of a relationship with your Creator that you may not require conscious need His Help to achieve. You can emancipate yourself as the Buddha did, all by yourself.

But without helping others achieve freedom, liberty and emancipation, you won't be able to plummet these concepts personally. These concepts won't go through your digestive tract figuratively. They'll remain abstract ideas that you won't have personally experienced to appreciate how things turn out in the end.

### Better Than A Thousand

103-5. "If a man should conquer in battle a thousand and a thousand more, and another man should conquer himself, his would be the greater victory, because the greatest of victories is the victory over oneself; and neither the gods in Heaven above nor the demons down below can turn into defeat the victory of such a man."

The Buddhist path as described 2,500 years ago had to intersect in many places on the mountain with other paths for us to understand the Buddha's words in a modern way today.

But whether you're interested in getting to know God is a personal decision I don't want to interfere with. I don't proselytize for any of the Western faiths or Hinduism. It's your decision if you're interested in pursuing the concept of a Creator behind your creation.

### Good and Evil

122. "Hold not a deed of little worth, thinking 'this is little to me.' The falling of drops of water will in time fill a water jar. The wise person becomes full of good, although s/he gathers it little by little."

The water jars of some men are literally located in their chest. In other men, they're literally located in their testicles. Although no drops are exuded out of the mouths of a man's nipples, spiritual food (milk) is figuratively emitted [love on the left and money, power and prestige on the right]. And out of the mouth of a man's penis comes a weird concoction of

good and evil that figuratively changes in consistency from one day to the next.

Out of the fruits (nipples or penis) of a tree of knowledge comes juice that only the serpent is capable of describing. Eve had to be tempted to taste it. But it was so good that she convinced Adam to do the same.

The Hebrew creation story is an allegory. If you take it literally, you'll be tempted to taste your own semen if you're a male and you'll be tempted to taste semen if you're a female. You may also be tempted to taste colostrum: mother's milk.

But that won't answer the questions posed by this allegory. There are no answers that come from interpreting poetry prosaically. Surely, Moses, Jesus and the Prophet Muhammad knew this and told you so, each in another way.

Whether you were raised on a bottle or a breast, you may prefer the penis to the breasts.

You may have been literally weaned off milk, but you may still be attracted to the mystery of how you were once nourished inside your mother, so different from how you were fed once you were born.

To fill yourself with goodness, you must first produce goodness in the external world. This isn't accomplished by injecting your semen or mother's milk into others. Giving isn't accomplished by making babies or raising babies. And receiving isn't achieved by eating Rocky Mountain oysters (bull testicles) or drinking milk. Having sensitive nipples doesn't correspond to enjoying being loved. And enjoying felatiating others doesn't mean you're a giving person.

The kind of goodness given to others that I'm referring to is the result of wise intentions that benefit the rich and poor, franchised and disenfranchised alike; not serving the arrogant whose beliefs go contrary to science, logic and common sense.

Once you've left a trail of good intentions and accomplishments on your path for others to follow, you'll

begin to gather evidence of the goodness within you and find the weapon within best suited to destroying the evil you're still producing, without having to literally castrate your left testicle or cut off your right breast.

In this way, you, too, may be able to give up some of your external expression of power, your wrath and the mind-control you created using fear and intimidation to protect that pathetic, little humbug inside who you're still secretly defending.

There's great wealth in your ego if you care to share it wisely. But I suggest you take the Buddhist path within if you wish to reveal that power first to yourself about yourself. Lessons in the external world often come with great pain and suffering.

#### Life

145. "Those who make channels for water control the waters; makers of arrows make the arrows straight; carpenters control their timber; and the holy control their soul."

We all know that when the Buddha speaks about channels for water, he's talking about emotional control. When he talks about straight arrows, he's talking penises (desires) that point men in virtuous directions (+). When he talks about carpenters, he's anticipating people who use their knowledge of the Hebrew creation story (allegory) to seek love. And when he talks about holy control of the soul, he's talking about future generations who'll keep their eye on the prize: going Home.

To become holy, paradoxically, a man must endeavor to become like a woman (z). He must go on a journey within. And he must make friends of the voices within him by understanding where inside those voices are coming from and what each of them most wishes to achieve.

The soul is the aspect of the self that seeks redemption. Redemption is the final wish for the enlightened seeker of truth. But redemption only comes when you've made that awesome U turn and are going South. Only then will you see how you behaved in the past and regret some of your actions. Only then will you figuratively return to your birth by going in the direction of dying.

You should live your life as though your last name were your last. You don't want to have to come back to be given another last name. You want this one to be your last name here on Earth.

Redemption requires support, just as a Gothic cathedral requires flying buttresses to keep its heavy walls upright. One of the voices within us that can help (+) or hinder (-) us in that regard is the voice of our penis or clitoris – the delivery device of our desires (+/-). Unless we come to know and love the forces below our belt, not just the forces of our head (wisdom), heart (love) and navel (detachment), our inner forces aren't going to be united sufficiently for us to become soulful.

The egotistical present a face to the world that exudes fire (passion) and smoke (prayer). They scream. They terrorize. They gesticulate wildly. They intimidate. They threaten.

But their presentation has been orchestrated by a humbug who's hiding from the world behind an inner curtain. He may think this is what he needs to do to get others to do what he wants. But that's really quite pathetic.

Humiliation could be a powerful teacher if you don't insist that no man or woman will ever humiliate you ever again. Therefore, beware. Be cautious. And vote the same way the vast majority of Jews, Blacks and gays vote: Democratic.

Beyond Life

151. "The glorious chariots of kings wear out, and the body wears out and grows old; but the virtue of the good never grows old, and thus they can teach the good to those who are good."

Your body is your chariot. Your mind is your horse. Both will wear out over time. But the virtue of goodness never ages.

If you wish to be even better than you are now, you need only learn how to operate yourself as you would a PC. This is a metaphor the Buddha couldn't offer that you can use. You're alive during a time when the tools created by humanity reflect the wonders of the great potential of the human spirit.

Your inner potential isn't technical or scientific, although its application may be both. Your potential is spiritual. It's personal. It's imaginative.

Most of what's happening around you will be uploaded as code every night. And what comes out as dreams are expressions from your operating system that you can scrutinize for insight. When you consider this possibility, your experiences day and night take on deeper meaning. Your mind becomes your hard drive that uploads your experiences to a cloud on a nightly basis that's kept far from where you're coming from by day.

We're all in this alone, together. Decide for yourself how you're going to behave based on how you interpret the world we need to learn to share. I can assure you that there'll be evidence of the good you've done when you begin your journey South and make amends to those parts of you you've insulted that are now hurt.

153-4. "I have gone in vain round the cycles of many lives ever striving to find the Builder of the house of life and death. How great is the sorrow of life that must die! But now I have seen Thee, Housebuilder: never more shall Thou Build this house. The rafters of sin are broken; the ridgepole

of ignorance is destroyed. The fever of craving is past: for my mortal mind is gone to the joy of the immortal Nirvana.”

The Builder of houses (bodies) Is God. But the outcome of those houses (destiny/fate) depends on the persons living within them. As the Buddha correctly states in his own words, the contents of every container is unique. There’s no way to determine who you’ll *become* if you don’t know who you *are*. To the extent that you unify the voices within you, you’ll advance as the result of achieving more and more faith in yourself. The only thing that’ll stop you is your contrariness. God Knows, He Wouldn’t Thwart your effort to discover who you are.

#### Self-Possession

159. “If he makes himself as good as he tells others to be, then he can, in truth, teach others. Difficult indeed is self-control.”

Neither cravings (–) nor desire (+) can be fully controlled. But by working with the other forces in your inner world, you can come to understand your cravings (–) and desires (+) and keep them both on a leash, as you would a dog.

You can come to appreciate the trickster in you. And by internalizing your inclination to do both good and evil, you can avoid externalizing some moral decisions until you’re more sure of what you’re doing.

But to understand your inner world, you’re going to have to witness how you were constructed uniquely from all other beings. And the pieces of this puzzle will only come together if you strive to do good for others first. Then, with that experience, you’ll do better in serving yourself.

You (contents) and your body (container) are no different than any other, and yet no two people are alike.

160. “Only a man himself can be the master of himself: who else from the outside could be his master? When the

master and servant are one, then there is true help and self-possession.”

The concept of the master is very different from the concept of a pharaoh who was a master over Israelite slaves. Those who learn how to serve others and then themselves will learn how to serve our Master. Those who don't will become slaves to an inner operating system they'll never understand. They'll feel victimized by some, while lording over others. And the more victimized these people will feel, the more others masters will convince them that their sacrifice will be rewarded after life for blindly following orders.

Arise! Watch!

173. “He who overcomes the evil he has done with the good he does afterwards sheds a light over the world like that of the moon when free from clouds.”

In the Buddha's day, light came from fire. Although we have electric lighting nowadays, the concept of illumination has always been spiritual, as well as literal. The concept of clouds refers to problems. And the concept of night lies in guilt.

When you understand the three aspects of guilt: embarrassment of your body; shame of your character; and humiliation before God – you come to know the darkness of the night the Buddha is inferring.

We now know that the moon isn't a source of light. It's a mirror of the sun's light that occurs in phases. So illumination and inspiration are concepts with many moving parts that you must come to know if you're going to be grounded in the wisdom that leads to love of others and the self-love that's needed to motivate you to seek redemption.

Life is much harder than it looks – not just for you, but for everyone. Therefore you should arise from sleep (unconscious, habitual action). And you should watch what's happening at all times within you and around you.

Only in this way will you pull back the curtain on the humbug within.

If you envy those who do evil because they're smart and capable of achieving wealth and power, you're forgetting that there's no melding of their two worlds into a harmonious picture of health, wealth and healing. They're mostly externally oriented. They have no inner world to appeal to.

### The Buddha

186-7. "Since a shower of golden coins could not satisfy craving desires, and the end of all pleasure is pain, how could a wise man find satisfaction even in the pleasures of the gods? When desires go, joy comes: the follower of Buddha finds this truth."

Joy is an aspect of the seventh layer of emotional color (ecstasy). Joy (violet) lies beneath red (rage); orange (agony); yellow (horror); green (jealousy and envy); blue (grief); and indigo (awe). But joy is bittersweet. It's a combination of disappointment (bitterness) and happiness (sweet).

Those who give up their desire for experiences that sour (anger) them; and those who attain the saltiness (wisdom) necessary to appreciate what their own tongue can teach them – come to learn that life is more often bittersweet (joyous).

This is comparable to the pain/pleasure principle we interpret as fire and ice (passion). This is comparable to the excruciating sensation of orgasm (ecstasy).

The craving for happiness may bring pleasures that may lead to physical pain or emotional suffering. There's no way of knowing what your cravings will achieve without external experiences that could take you in any direction.

Therefore, observe the outcomes of other people's cravings closely to determine by which ones you wish to allow yourself to be tempted by. You might just achieve more happiness than sorrow if you watch what you're doing

and how everything unfolds thereafter. But that'll depend on whether you're developing a conscience that you have faith will turn into a good soul over time.

Experience isn't our only teacher. But experience teaches us more deeply than hearsay. Don't believe everything people tell you. Don't believe everything you read in scripture. Don't believe everything the Buddha said. Don't even believe everything *I've* told you.

Look down from your navel and contemplate your burning bush. Go back to your past to redeem yourself of your childish behaviors. Listen to your desire (+) to be of some use to the world.

Believe yourself and compare what you believe to be true about yourself to what others tell you. In them are bits and pieces of yourself that you can't take from them, but which you could come to admire. And in so doing, you'll break your projection and come to own your own gifts.

### Joy

202. "There is no fire like lust. There is no evil like hate. There is no pain like disharmony. There is no joy like Nirvana."

If you don't know the burn of fire (lust), you've avoided conscious knowledge of that aspect of fire. If you don't know the evil outcomes that arise from hatred, you've avoided that emotion, which burns terribly. And if you don't know the cacophony of disharmony, you've avoided a social construct that can be very painful, too. Who hasn't been burned in these three ways?

To know joy, I had to go through all the other feelings in the rainbow of promise and hope. I had to make my way through the pastel colors of reality to discover the jewel-tones of the rainbow inside of my heart. I don't regret what I had to go through to discern the good (pearl white) from the bad (enamel black).

My rage is ruby-red. I'm beyond anger. I'm in the infrared range. No one is going to put me down, not even under the ruse of "helping" me.

My agony is the color of navel oranges. I'm beyond worried and anxious. This world needs more agonized people like me. We're running out of time to correct our mistakes.

My horror is the color of bananas. I'm beyond frightened and traumatized. I was terrorized by parents who were terrorized by Christians. The yellow star they had to wear was given to them by terrorists who were gleeful about where they had the Jews. As God Is my Witness, that horror will never be repeated on any shore. That color is burned in my soul as a jewel tone.

My jealousy is the color of emeralds. I'm revealing more of my secret to me day-by-day. I have no idea what's coming next. My life is a mystery that's unfolding magically.

My grief is the color of lapis lazuli. I'm beyond light blue relationships, azure disappointments and navy blue regrets. My grief over what I've done to me is cerulean.

My awe is a mixture of enamel black and plum purple. I'm a servant of God, not a slave to small-minded people.

My joy is the color of a violet. I enjoy modest shade. I'm a wild violet that prefers soil that's moist, yet well-drained, and rich in organic matter. My life is beyond bittersweet. I'm ecstatic just to be alive.

What brings Heaven down to Earth for me is satisfying my frustrations to know myself. What happens around me is a clue to what's going on within me. I grow in self-knowledge by the day.

What makes the promise of Nirvana real are the moments of joy that confirm that I'm doing something right just by ascending the mountain of faith by seeking faith in myself.

## Transient Pleasures

209. “He who does what should not be done and fails to do what should be done, who forgets the true aim of life and sinks into transient pleasures – he will one day envy the man who lives in high contemplation.”

I know this is true because I once had a secret that I kept from me. I envied myself. I wanted to know the treasure I held inside that I refused to share with me.

That secret was that I was compensating for parents who said they loved me but couldn't explain what love was or how I should honor, not love, them. I was compensating for lofty desires (+) I couldn't bring down from Heaven to Earth, even though people were doing it all around me. I was compensating for something I couldn't even put into words.

I became a ballet dancer to sculpt air as though it were clay. And when that didn't work out with fame and fortune, I became an English teacher to learn to do the same with words for equally little pay.

As a dancer, I inadvertently fanned the flames of vanity. And as a teacher, I unknowingly fanned the flames of conceit. But the untold secret inside me wouldn't go away. Ironically, it only got bigger, augmenting the contrast between my average sized penis and huge head.

As such, outcomes in the outer world slowly became a clue to the mystery of my inner world. And in making my way within, I overcame envy (spring green) of my contents and jealousy (forest green) of my container.

Over time, I found reason to be more vain about the wonderful way I'd treated my body over a lifetime, and I became more conceited about the loving attention I gave to my mind.

Now, as I'm getting close to the age of 70, I've got my penis to thank for the way my life has turned out (destiny), rather than my penis to blame for having lived out my fate.

Becoming soulful turned out to be harder than it first looked. I marvel at the geniuses who were inspired to leave us scriptures; the poets who gave us sonnets; and the writers

who told allegories that drilled for truth down into the marrow of my bones.

But none of them could tell me how to be me. They only showed off how they had become successful at being themselves. I'll surely do the same.

Nirvana is an inner place of "peace" in the Hebraic sense of the word. "Shalom" (peace) comes from the verb "lishalem" which means "to fill." Filling myself with self-knowledge made it possible for me to move off the path of green on the rainbow in my heart and onto the path of blue. It made it possible for me to grieve what I'd done to myself and others in the past.

Learning to read a language that moved West on the page rather than East, made it possible for me to turn South, as a rainbow bends toward the ground whichever direction you slide down it. And in this way I entered the awe and mystery (indigo) of being me – being authentic (soulful), not just honest (heady) and sincere (heartfelt).

### Forsake Anger

231. "Watch for anger of the body. Let the body be self-controlled. Hurt not with the body, but use your body well."

When you look around and see the consumptive nature of everyone, you see how much people like to indulge their hungers. When you see how they override their desire to be good to their body, you see why the medical industry is predominantly occupied with illnesses caused by people who hurt themselves. Perhaps people think that by squeezing themselves like fruit until all the juice has run out of it, they'll achieve some sort of victory over Eve who ate the fruit she picked whole...

According to this chapter of The Dhammapada, people have a hard time forsaking the rage that's aimed at themselves. Anger at others is the result of their unexamined self-indulgence and self-destruction. Rage at having to be who they've become is the source of their evil inclination and

their craving to become even worse. If they could move through this first color of the rainbow of hope (red), they could gain much needed tools to deal with their worries, fears, jealousies and sorrows.

If they could face their frustration in having known their parents' love when they were little and having lost it through no fault of their own, they'd see the syndromes of their mom and dad, and themselves as an oddball on an adventure.

This passage begs the question, "How do I watch for anger of my body and what do I do when I witness it?"

Watching anger of the body is no more difficult than watching yourself standing in front of an open fridge; watching yourself pour yourself a cocktail; watching yourself light a cigarette; roll a joint; or watching yourself vote. It's about facing your cravings (–) by responding with your desires (+).

Watching anger of the body is no more difficult than standing in front of a mirror and critiquing what you see with a desire (+) to improve your looks. Some of your body was given to you by your father (x or y); some of it was given to you by your mother (z); and some of what you're now looking at, you did *to* yourself and/or *for* yourself.

The hard part isn't watching your cravings take hold as you abuse yourself. The hard part is finding the courage to contemplate your navel. It wants to talk about, but doesn't find the words, to tell you who you are.

Facing your craving for retaliation against God for the parents He Gave you; against your parents for the body you got from them; and against yourself for how you somehow turned into a frail, human being despite having started out as an angel in disguise – is what you've got to show for yourself at the altitude you've reached on the mountain. It becomes easier to go higher when you realize that solving *syndromes* internally is much more mysterious and fun than solving *problems* externally.

Finding the wisdom to want to protect yourself (z) from yourself (x or y) will bring you the courage you need to overcome your cravings (-). And it'll make you a better citizen who'll vote more responsibly.

But that path is mysteriously unique. No one can reveal your path up the mountain. I can only tell you that it's like a tornado in that it spirals upwards. I can only tell you that it's fragrant, like the smell of jasmine on a hot, summer night when the sky is filled with clouds and you can't see where you're going because there are no stars or moon to illuminate your view. This is what your path looks like. And only your nose knows how to follow it.

#### Hasten And Strive

235. "Yellow leaves hang on your tree of life. The messengers of death are waiting. You are going to travel far away. Have you any provision for the journey?"

Yellow leaves are frightening impediments that conceal the truth about your cravings (-) and desires (+). Adam and Eve concealed their genitals with fig leaves. But when the leaf covering the mouth of your desires and your fruits are covered by a yellow sheath of shame that's about to shrivel up and fall off, you may become afraid of something you've done or, more likely, something you haven't done.

This is typically described as "a midlife crisis," but you can experience it any day of any week, any season of any year. Suddenly, you feel your mortality more acutely. And you realize that what you once wanted (and got) doesn't hold the value it once had.

*Vanity* can be described as a cameraman who focuses the lens of the camera on what s/he wants you to see. But s/he may choose a close up on your genitals, or s/he may coat the lens with Vaseline so that what you most desire (+) is the last thing you clearly see.

*Conceit* can be described as a cameraman who focuses the lens of the camera on what s/he wants you to see. But

s/he may choose a close up of your mind, or she may coat the lens with Vaseline so that what you're thinking about is the last thing you clearly see.

The messengers of death aren't deadly. The messengers of death are the clues to your proximity to death. Yellow leaves are just such a clue. The fallen leaves of autumn create a deathbed you crush with glee until the cold rains of an early, winter frost flatten out your final resting place, and snow and ice remove all evidence that there were hot summer days long ago.

251. "There is no fire like lust, and no chains like those of hate. There is no net like illusion, and no rushing torrent like desire."

The rushing torrent of desire is most astutely experienced with orgasm. It's a pouring out of a desire to plant and replenish life with more life. Lust is a fire. It's a stick (y) you rub together with another stick (y) or on a stone (x) to create a spark. But once that fire is lit for the first time in puberty, that fire will consume your head and heart if you weren't taught how to ignite and put out fires by wise, old pyromaniacs (z).

Hate is like a chain forged from fire that keeps you in bondage. Those who are prejudiced and hateful *objectify* those around them instead of using their imagination to *subjectify* themselves. Once you've learned to hate yourself, it's really very easy to hate others. In fact, it takes virtually no effort at all. There are Republicans everywhere banking on you doing so.

Black people were dipped in the shade of the night. Their guilt has all come to the surface, literally. That should frighten everyone.

Gay people who've come out of the closet have ripped off the leaves that exposed Adam and Eve's collusion. That should frighten everyone.

Those who speak with an accent remind us that God Created scriptures other than our own. Even the angels speak English with an accent. That should frighten everyone.

If Adam and Eve had had enough courage, they would have tripped God up as He Walked through the garden with Feet so heavy He Made it obvious He Was Coming.

If Cain could have gotten the revenge he wanted, God Would Be dead, not Abel. But if all the people on Earth hadn't been figuratively drowned because God Knew what was in their heart, none of us could say we're the descendants of Noah (Hebrew: comfort). The man who's had a comfortable life is a spiritual adolescent who's been through a great flood. You shouldn't consider him fully, spiritually grown.

There is no net like illusion, and no means of expression more truthful than poetry. God Is a Poet. The Buddha is a poet. And you should see yourself as a poet, too.

If you behave in a prosaic manner, expect to be punished for it unless you're trying to understand the mystery of the physical universe. Prose is the key to opening the lock called: science. For all other locks, poetry is the key.

252. "It is easy to see the faults of others, but difficult to see one's own. We expose the faults of others like chaff winnowing in the wind, but we conceal our own faults as a cunning gambler conceals his dice."

It's easy to see the forbidden fruits others pick. It's hard to see those we pick from our own tree, unless we've asked ourself permission to do so. But the permission to pick our own fruit must be earned, not simply requested. You'll be amazed when you realize how contrary you can be if you don't behave in a way that honors your conscience. Honoring your parents was just for practice.

Prayer is not enough. Deeds are required. Deeds will lead you back to Eden where you'll find a tree that has your name carved on it. If you don't take Torah personally, you'll never take the Buddha seriously.

Torah is the toilet training instruction for students in the school of life. Without it, you can still enjoy an English tea and biscuits in the garden, so long as you don't use your nose to reveal that your, and everyone else's, pants are full of excrement.

The wind will winnow the chaff from the seed. Have no fear of that. And the gambler will hide his loaded dice in order to effect the outcome of a world that s/he presumes is controlled by "luck."

There's no such thing as luck. The criminal and the gambler know this truth better than you. They're the most superstitious; the most terrified of omens; and the ones who take outcomes the most personally.

Just look at how Trump has dealt with the loss of the 2020 election. His lawbreaking followers know in their heart of hearts (soul) that playing with fire may get them burned even if they're players who've developed an exceptionally ruthless game. Putin should be quaking in his boots right now. If Trump ends up in prison, Putin will have to look over his shoulder for the rest of his life.

### Righteousness

263-4. "Not by mere fine words and appearance can a man be a man of honor if envy, greed and deceit are in him. But he, in whom these three sins are uprooted and who is wise and has love – he is in truth a man of honor."

There are two kinds of invisibility. One kind is when you don't see others. The other kind is when you don't see yourself.

Those who think others are invisible objectify people. They're prejudiced and hateful. But the other kind of invisibility produces people who excuse behaviors in themselves that they shouldn't. Both are easily manipulated. But each is blind in the opposite eye.

How do we uproot the envy, greed and deceit in others in ways that they'll thank us rather than curse us? For, surely,

only in achieving this level of goodness in the external world will we be given permission to envy ourselves, become greedy for our own love and able to see through our denial: which is nothing more than deceit pointing inwards.

### The Path

277. "All is transient. When one sees this, he is above sorrow. This is the clear path."

278. "All is sorrow. When one sees this, he is above sorrow. This is the clear path."

279. "All is unreal. When one sees this, he is above sorrow. This is the clear path."

The paths of transience, sorrow and illusion are personal and therefore vitally important to your awakening process. If you can't see how temporary our stay is here on Earth; how sorrowful we can feel over the enormity of the task in learning to love ourselves; and how delusional we are until we explore inner reality – we aren't going to get to the starting line, let alone cross the finish line feeling like a hero.

Everything external is transient. Some internal and external changes make us sorrowful. But everything in both our worlds is real once we move through the illusions we've created to protect ourselves from feeling any more deeply than we presently do.

The secret to success lies in our ability to go back and forth to Oz and Kansas seamlessly. If you can't handle one or the other, you're going to use assertions that are delusions to rationalize your cravings and desires. You're going to go mad. Such is the outcome of every wizard who turns out to be a humbug.

I'd love to be more specific, detailed and definitive, but paradox is the purpose of the next path up the mountain, the path of Taoism. When taking the path of Buddhism we must make our way slowly to the top (Nirvana) as best we can.

285. "Pluck out your self-love as you would pull off a faded lotus in the autumn. Strive on the path of peace, the path of Nirvana shown by the Buddha."

I don't know who wrote this passage down, but it doesn't sound like the Buddha said it himself. People don't usually speak about themselves in the third person.

The path of external peace is Jewish. The path of self-love is Christian. But without the Hindu path of detachment from yourself to come to know our One God, the path of internal peace from the Buddha isn't possible. And then the Islamic path of redemption before God and the rewards of the big picture comes in and out of focus, upsetting everyone until the projectionist in our inner theater hears our cries.

All seven of the spiritual paths have internal and external components. All seven of these paths have literal and figurative meanings that must be plummeted with self-expression.

Do as you please. But watch carefully to take note of what pleases you. You may discover that you're gleeful, not joyous. You may not even be close to ecstatic.

### Wakefulness

290. "If by forsaking a small pleasure one finds a great joy, he who is wise will look to the greater and leave what is less."

The weak link in your chain is whatever you believe it to be. It may be food, alcohol, sex, drugs, gambling, shopping, money, power or someone you love. It may even be a feeling of being lost.

If you want to become as strong as a metal chain, you've first got to recognize your weak link and admit it to yourself before you try to work from within to strengthen it. Another way of describing your *weak link* is your *syndrome*.

305. "He who can be alone and rest alone and is never weary of his great work. He can live in joy when master of himself by the edge of the forest of desires."

The edge of the forest of desires is the hair around your abdomen. Once you've contemplated your navel, you start to look further afield to the hairs that started to grow below that in puberty; the burning bush around your genitals and the bushes under your arms.

Each of us has our own situation to contemplate, and that leads to our own syndromes. Each of us was made uniquely in God's Image. Therefore, each of us is lost in a different part of the same sort of forest. Only the color, shape and size of the gnarly trees surrounding us may be different. By helping one another to understand how we were made similarly, but differently, we can learn to appreciate the difference between those who wish to cooperate and those who wish to malign, collude, conspire and control.

We need to learn how to be alone *successfully* in order to be together *helpfully*. But (1) some people get lost in other people's problems. (2) Some get lost in other people's syndromes. (3) Some get lost in their own problems. (4) And some get lost in their own syndromes.

#### In Darkness

306. "He who says what is not goes down the path of Hell; and he who says what he has not done, he knows well what he has done. Both in the end have to suffer, because both sinned against the truth."

Suffering is the result of impatience. The more you can move slowly, step by step, through your suffering, the more patient you'll become with yourself, and others, over time.

We all suffer, not just because of all the things we desire (+/-), but because of our impatience about not getting what we desire (+) or our impatience in not being able to relieve ourself of our desires (-).

314. “Better to do nothing than to do what is wrong, for wrongdoing brings burning sorrow. Do, therefore, what is right, for good deeds never bring pain.”

They say that no good deed ever goes unpunished. What they mean by that is that when you do good, you’re rewarded with the opportunity to study that aspect of what you did that could still be improved upon.

This little bit of punishment doesn’t discount all the good you did. Quite the contrary. It makes it possible for you to improve upon the goodness in you to achieve even better results the next time from further within.

Therefore, you might even choose to conclude that your greatest traumas were given as seeds to your destiny, while your greatest gifts hold the seeds of your fate.

I’m not suggesting that you wish for misery and misfortune. I’m simply saying that when viewed from a Buddhist perspective, faith in yourself can work miracles.

### Endurance

323. “For it is not with those riding animals that a man will reach the land unknown. Nirvana is reached by that man who wisely and heroically trains himself.”

Man is an animal in some ways, and he’s like a tree in others. But, like an animal, he must be trained. The man without sufficient training will buck and bray like a stubborn mule. He’ll kick and bite anyone who tries to saddle him, thereby revealing that he’s nothing but a jackass. But he won’t be able to tell you what makes him so contrary.

To reach a place within where you can admire yourself by yourself, you must go beyond the training you got from your parents, teachers, bosses and the society you choose to keep. You must train yourself. If God Were to take responsibility for all man’s training, we’d only end up like animals. We’d lack the vanity, conceit and self-esteem needed to revel in *our* contribution to His Creation.

Not only Did God Give us this world like unfinished furniture that we have to sand, prime and paint. He Did the same with our nature. We're made of spiritual wood that we must bore into ourself, or we'll never become much in the way of a carpenter like Jesus. We'll remain a two-by-four used by others to achieve their ends.

326. "In days gone by, this mind of mine used to stray wherever selfish desire or lust or pleasure would lead it. Today, this mind does not stray and is under the harmony of control, even as a wild elephant is controlled by the trainer."

The Buddha discovered he had the ability to train his mind (Adam, Eve, serpent) like a wild elephant can be controlled by its trainer. As huge as an elephant is, a small boy with the proper skills can keep an elephant moving on track to achieve his boss's goal of dragging logs across the forest floor.

Such is the ability of the soul to control the mind if a man understands the conspiracy between his heart and desires. But this skill can only be achieved with detachment (navel), something the Buddha learned from Hinduism that he engaged in without giving credit to his cultural background and family creed.

God Is The Elephant that we, in the West, assume we must fear. God Is The Elephant we assume we must fight or, at least, cut off Its Tusks to conquer. And we do so because we're contrary by nature. We don't stop to consider that The Elephant knows this about us.

Don't do anything for The Elephant. Do it for yourself, or don't bother. Kissing the butt of an elephant would look pretty silly. And I doubt if an elephant would care.

330. "For it is better to go alone on the path of life rather than to have a fool for a companion. With few wishes and few cares, and leaving all sins behind, let a man travel alone, like a great elephant in the forest."

You are a blind elephant touching The Elephant in your own, unique way. You get your impressions of your Creator using yourself as your only evidence of what you look like to Him. Therefore, the more you learn about the *self*, the more you'll know about The *Self*.

But this process can't be achieved only with God-consciousness. You must learn how to touch your selves to know yourself. Without self-knowledge, you'll turn out as ignorant as a Republican.

333. "It is sweet to enjoy a lifelong virtue; and a pure, firm faith is sweet. It is sweet to attain wisdom; and to be free from sin is sweet."

Sweetness is different from bitterness, saltiness and sourness. Sweetness makes you happy. Bitterness makes you disappointed and regretful, and therefore sad. Saltiness makes you wise. Sourness only makes you mad.

If you don't know about the tastes of the tongue, you're going to wag your tongue in foolish ways. You're going to yearn for foolish tangs. And you're going to end up with foolish yearnings.

Many people are more interested in looking tasteful than in tasting the food they eat. They scarf food down. The hunger in their belly is greater than the hunger on their tongue. Therefore, they consume food without food for thought.

If you don't savor life in small bites, you may end up devouring it as would a lion with its kill. You may even develop of fondness for blood (revenge). You may insist that people behave tastefully rather than virtuously because all you care about is the appearance of good taste.

Your tongue, like your penis, may beguile you. Both smack of foolish hungers for things that won't develop your spiritual palette. You lick the honey bottle, and your tongue tells you that it's sweet.

"It is sweet to enjoy a lifelong virtue; and a pure, firm faith is sweet. It is sweet to attain wisdom; and to be free

from sin is sweet.” But the tongue that hasn’t been trained by a mind – that’s been trained by a heart – that’s been trained by a soul – will wag in your mouth like your penis wags in the wind like a tail at the wrong end when you prance around without pants on.

### Cravings

They say we live in The Age of Anxiety, but I’d describe the modern age as The Age of Agony.

People are so much richer in comparison to their ancient ancestors, but they’ve lost some of their childlike imagination. They want what they want when they want it. But they don’t have a clue where their wants are even emanating from. That’s agonizing to watch.

334. “If a man doesn’t watch for Nirvana, his cravings grow like a creeper and he jumps from death to death like a monkey in the forest from one tree without freedom to another.”

Nowadays, people no longer have to jump like monkeys from one tree to another in a forest. Today, they can fly high above the urban, forest floor. Yet with all their sophisticated modes of transportation, they don’t know where they’re going. Such is the stupor displayed by the man with too much money.

338. “Just as a tree, though cut down, can grow again and again if its roots are undamaged and strong, in the same way, if the roots of craving are not wholly uprooted, sorrow will come again and again.”

There are many kinds of trees. I’ve never been to India, but here in California there are no trees I know of that can grow again and again into a tree if their trunk is cut down. Therefore, this may be a conclusion the Buddha came to that isn’t universal. It’s a conclusion he came to that may have been based on his experiences in one part of the world that doesn’t hold true in another.

Once you've been pruned by this world, you look different inside and out. No one reading this book is a shoot (infant); sprout (child); or sapling (adolescent). We've all been pruned over many seasons that have made us look as we now do.

So, do your best with reality. The fruits of your labors don't have to be sweet to be nutritious. They don't have to be ripe to be effortful. And they don't have to bear seeds (babies) to be meaningful.

335 "I have conquered all. I know all, and my life is pure; I have left all, and I am free from craving. I myself found the way. Whom shall I call Teacher? Whom shall I teach?"

Siddhartha Gautama knew what he knew and didn't know what he didn't know. He didn't know his mother. He didn't know much about his father except that he was imprisoned in his father's castle. And he didn't seem to know anything about guilt.

He knew about desire. But the desire to overcome the guilt your mother instilled in you is one of life's greatest and most noble of desires if you improve upon her wisdom, love and soulfulness to achieve your own.

Siddhartha Gautama may have been free from cravings, and who doesn't admire the man who is? We all suffer from our cravings. They're a pain occurring inside of us that we can't literally point to. Cravings cause suffering, and we usually wish to relieve ourself of suffering by indulging our cravings instead of seeking self-knowledge to understand them. Alleviating our cravings (-) creates more of a desire (+) for desire (+). That's the agony of ecstasy.

Validate your truth. Don't be anxious about being wrong. You're probably wrong most of the time when it comes to abstract things you don't get paid to accomplish.

I, for example, am a self-ordained rabbi who doesn't come out of an institution I can fall back on to blame for my opinions. If I say something foolish, I have only myself to

blame. But I don't worry about being wrong. I only worry about being needlessly hurtful.

As the Buddha, Siddhartha Gautama contributed something to the discovery of the human condition that's as paramount as the contributions of Krishna, Moses, Jesus and the Prophet Muhammad. But, unlike Krishna and Jesus, Moses, the Buddha and the Prophet Muhammad have never been called: God. These three brought a wholly human viewpoint to life that's paramount to our understanding of it.

354 "The gift of truth conquers all gifts. The taste of truth conquers all sweetness. The joy of truth conquers all pleasures. The loss of desire conquers all sorrows."

The loss of desire conquers all sorrows except for the sorrow of having missed the opportunity to engage our desire (+) to do our best. That's one desire (+) that only those of us who've made peace with the serpent hanging down from our tree can talk about.

Anyone who loves his or her spouse knows the ecstasy of sex with the person we love. So not all desires that emanate out from below our waist are negative.

### **The Monk**

360. "Good is control of the eye. Good is control of the ear. Good is control of smell. And good is control of taste."

In order to face the good, you must learn to use your eyes, ears and nose, as well as your mouth. But you should also use your inner eye to move beyond fantasy and dreams to achieve a vision. You should use your inner ear to listen to what your heart is telling you. You should use your nose to smell the fragrance that creates a personal path up the mountain of faith (that corresponds to your intuition). And you should use your tongue to discover the spiritual meaning of that which tastes sweet, sour, bitter and salty. Just judging people for agreeing to what you find tasteful is no virtue at all.

It's not a virtue to be heterosexual. It's not a virtue to prefer to put your penis in a vagina rather than an anus. And if you put your penis in someone's mouth, what difference does it make if that mouth is male or female, especially if nothing wise comes out of it?

What possible reward should you expect for making babies? There couldn't be a more selfish act in the whole, wide world. Try making peace. Peace is a lot *harder* than a penis.

361. "Good is control of the body. And good is control of words. Good is control of the mind. And good is control of our whole inner life. When a monk has achieved perfect self-control, he leaves all sorrows behind."

A monk first needs to be filled with sorrow before he leaves all sorrow behind. But if you're busy denying your sorrows, you're no monk. If you're using self-control to keep the defense and the prosecution arguing in court for a lifetime before the judge, you're secretly playing god even if you don't believe in God.

372. "He who doesn't have wisdom doesn't have contemplation. And he who doesn't have contemplation doesn't have wisdom. But he who has both is very near Nirvana."

Contemplation is a self-consuming process, similar to eating. And contemplation is a self-filling process, similar to peacemaking. But many modern people are overweight on the outside and as thin as a rail within. They don't eat nearly enough in one world and much too much in the other.

379. "Arise! Rouse yourself to your self. Train yourself by your self. Under the shelter of your self, and ever watchful, you will live in supreme joy."

Rousing your self doesn't mean going North. Rousing your self doesn't mean getting out of bed in the morning and dragging your sorry ass through one more day of suffering.

Many people get out of bed without ever having woken up any further than they did the day before.

Rousing your self doesn't mean pretending to be happy. Rousing your self doesn't mean concealing your embarrassment of your body, shame of your character or humiliation before God.

Being ever watchful doesn't mean criticizing others for the way they are. Once you've become vain enough of your body and conceited enough about your mind, you'll stop objectifying groups of people. You'll subjectify people instead. And you'll discover that you can subjectify them to the extent you can break your projections to make yourself the subject of your own life. No one would be prejudiced and hateful to Blacks, gays, Jews, Catholics, Muslims and women if s/he knew him or herself better.

Life is a girls' (z) school. God Is our Teacher, but you can tutor yourself. Nobody else's grades are going on your report card. So, spend a little more time looking *in* and a little less time watching *out*.

Supreme joy is violet. Those of us who are lavender (gay – or at least have enough lavender leanings to love ourself) are a mixture of blue (grief) and red (rage) with a whole lot of white (purity) mixed in to help lighten our load. But that doesn't mean that we're always violet (ecstatic). It's hard work to achieve supreme joy (ecstasy). If your life isn't bittersweet most of the time, you're probably doing something wrong. Don't let anyone try to convince you otherwise.

### The Brahman

392. "S/he who learns the law of righteousness from someone who teaches what Buddha taught, let them revere their Teacher, as a Brahman reveres the fire of sacrifice."

Fire wasn't created by the Buddha. The land, sea and sky weren't created by the Buddha either. The Buddha was just a man, like all men then and now. His ascension up the

mountain was notable enough for Buddhism to become the fourth most numerous path in the world. But that still makes it only one of seven ways.

The fire of sacrifice isn't desire. It isn't pain, and it isn't suffering. The fire of sacrifice is guilt. If you leave your wife and children to the care of others, as the Buddha may have done, you ought to be able to speak about the guilt that that brings up for you.

We're all doing the best we can with the decisions we make in our lifetime. If we don't like the body we were given and feel that that's punishment for how we behaved in a previous life, there's nothing we can do about that now.

If we don't like the character defects we have, that may be because of actions we took or didn't take in a previous life that left us with vices in this lifetime that we have to struggle with.

I don't know about the conditional worlds that people create. I can only speak about the world that is.

I know that we should all work to improve our character. If we don't deal with our syndromes, our problems will surely increase until they turn into global issues.

I know that if I don't like the humiliation I have to face from Acts of God, I don't have to seek loyalty to God to conceal my rage. I can denounce Him as Wrathful and Cruel, although I prefer to do so to His Face in prayer rather than from my ego in indirect ways that are hurtful to others.

I know I have the right to deny His Existence entirely. But I'm much too wise to go there. I'm smart enough to work on myself, as did the Buddha.

400. "Someone who is free from anger, faithful to his or her vows, virtuous, free from lusts, self-trained, whose mortal body is their last – I call a Brahman."

I suggest you assume that this mortal body is your last. I'd like to assume that I'll never have to come back to this annoying girls' (z) school ever again. Once was miraculous!

Twice would be tedious. Three times would just be a waste of everybody's time and a drain of resources on the planet.

403. "S/he whose vision is deep, who is wise, who knows the path and what is outside the path, who has attained the highest end – I call a Brahman."

A Brahman is a metaphysical concept from Hinduism that refers to the ultimate unchanging reality that's uncreated, eternal, infinite, transcendent, the cause, the foundation, the source and the goal of all existence. The word Brahma is normally used in Buddhist sutras (rules or aphorisms) to mean: best or supreme. [Internet]

To do your best and to become the most supreme person you can be, you may have to do some things that I'll never have to do. This is paradoxical, but possibly true. Some gardens are real and external. Others are internal, but just as real. And the same can be said about orchards, forests and swamps.

Thousands of years ago, people used carts and chariots pulled by donkeys and oxen to get around. What you use today to make your vehicle run, where you take it and what you use it for is entirely up to you.

For me to become the best person I can be, I've got to be covetous of myself, not of others or their possessions. I've got to keep my body in the best physical, operating condition I can. And I've got to improve my spiritual, operating system on a daily basis. If I only compare (+) and contrast (-) myself to others, I'll never achieve the success I seek.

Nirvana is a state of work. The results of this work are modest, but invaluable. But that makes it possible to consider the option of *loving* and *earning*, in order to work and worship through *learning*.

**In Conclusion:  
Long in Tooth, High in Brow**

I recommend you explore your penis or clitoris figuratively. If your penis has been circumcised, I recommend you explore your foreskin figuratively. If your clitoris has been removed, I recommend you do the same as those of us missing a foreskin.

If it feels as though all your desires (+/–) are intact, I recommend you inspect them for personal meaning. The sensation of the most minor of urges, impulses and cravings is extremely powerful because there's no exact place in the body where you can point to the source of that sensation. This is why Moses described his serpent (penis) as: beguiling.

Once you can physically experience your urges, impulses and cravings as hungers that are driving you wild with desire, you're ready to approach the Buddhist path to relieve self-suffering.

The result of this exploration may lead you, as it has me, to pull back the curtain on your ego. It may teach you to see something about the motivations below your belt that are affecting your head, heart and soul.

In my previous books, I differentiated between wants (penis) and desires (anus). And I described the suffering we create as screwing others over that makes its way back to us through karma that manifests as the self-sodomy we call: egoism.

But if you can see the shmucks (penises) around you who are screwing others, causing suffering which you believe will end with suffering within themselves, you have a modicum of faith in the fact that there is justice to be found in this world, albeit hard to see if you're frustrated and impatient.

Justice was set in place by God (Krishna, Adonai, Jesus, and Allah). It's hard to see justice as it works out because it's the result of problems that have underlying syndromes. It may even be necessary that there *is* a Hell after life on

Earth to punish those who separate Catholic infants and children from their parents because of a vindictive craving that goes counter to the principles of all decency. “We were just following orders” isn’t an excuse that will work anymore.

I don’t believe in Heaven. I don’t believe in reincarnation. But I also don’t believe in Hell. Public outcomes for people after life aren’t places I’d like to go to. I’m too much of an iconoclast and introvert to want to spend eternity in the company of strangers, friends or even with family. So what comes next may turn out to be quite a surprise for everyone.

That said, there have to be consequence for the people who tortured my parents and killed 6,000,000 other Jews. There has to be a God Who we must account to for our actions. Judging ourself is an important skill, and it’s extremely important that we learn to use our conscience as our most precious guide. But there must be The Judge of all judges for life to make sense.

If not for the recreation of the State of Israel in 1948, there wouldn’t be a Jewish path up the mountain anymore. But there is a Jewish path, despite the fact that Jews only make up 1/10<sup>th</sup> of 1 percent of the world’s population. And as a gay-Jew, I represent 1/10<sup>th</sup> of that.

For minorities to make a difference, our voices have to be meaningful to the majority. They can’t just conclude that: might makes right, and if you’ve got the numbers, you’re, by default, right. Ultimately, we all die as a minority of one among One. No one has any power to speak up about that.

But until my last day comes, I’ll continue to write about scripture and the horrendous hypocrisy I see by people who misinterpret their scripture. There’s simply no reason why we all can’t do what the Buddha advocates. In the grand scheme of things, his legacy makes perfect sense.

But without the secret to the meaning of your own life revealed, I doubt that the life of the Buddha will be meaningful enough to you.

It came to me one night during office hours with The Teacher that disappointment in others and even disappointment in myself wasn't the deepest of my feelings. Below that lay a remorse and deeper sorrow that led me to grief. Grief is the darkest shade of blue. Some people kill themselves when they see that dark a shade of blue before their eyes. I tried twice.

But if you find yourself in a blue funk that's so dark that you wish you were dead, remember that I'm your friend. I'll lead you to indigo with promises of violet. I'll take you to a place no one else understands.

My eyes happen to be the color of sadness. I'm filled inside with sadness up to my eyeballs. Some people's eyes are brown. They're filled with good, clean earth that grounds them. And some people's eyes are green. We know what they're filled with, too: a yearning to solve their own mysterious secret.

I wish I'd been more self-disciplined when I was growing up. I wish I'd been more awakened. I wasn't smart enough to accomplish my spiritual goals when I was young because I was a secret I wouldn't allow me to unlock. I was living in denial of why I was here. I didn't know that my conscience was too strong to allow me to fulfill my dreams until certain benchmarks had been set.

Above the feeling of being blue so much of the time lay jealousy of other young people's bodies and envy of their ability to be honestly kind, sincerely friendly and authentically helpful – something I found hard to do. I always wanted to look like them and act like them.

Many of the people at school growing up were like delectable pies with tempting crusts and sweet fillings. I wanted to eat them up.

But I couldn't bridge the gap between us. I couldn't even mind the gap. I couldn't cross the colors of the rainbow to get from one to another. I didn't need a wider bridge. I needed someone to explain the concept of a "bridge over troubled waters" to me. I was a bridge to nowhere.

Now, looking back, I see how green I was despite my eyes of blue. I was not only green in the sense of unripened i.e. naïve. I was green in the sense of covetous. I wanted what others had. I wanted to *be* them. I didn't want to have to be me. I was the one burden in this world that I didn't want to have to carry. And that secret stared me in the mirror in plain sight all my life.

The Buddha helped me solve that secret by pulling back the curtain on my ego.

Now I ask myself what I did right? I'm simply in awe of myself and my journey. I'm a paradox in the making, a bee keeper making my own honey.

With my honey, I can forgive my debt to me. After all, it's my honey that makes it my inner world's most trusted money.

## The Future

Moses predicted the future only once  
when he foretold the death of Korach and his men.

[Numbers 16]

But now that Anthony Weiner (Jew)  
created an aura of disgust around the Jewish penis,  
it's time for us all to teach good men how to use *it* properly.

Jeffrey Epstein (Jew)  
sullied our Jewish namesake much worse.

But you don't hear the orthodox Jews  
complaining about either of them.

They only loath the gays.  
They study Torah in the second and third person.  
None of it ever applies to them in the first person.

But that should beg the question,  
"Is there anything worse than a swamp?"

Worse than a swamp is a desert  
because out of a moral desert comes a plague  
more horrifying than frogs (reptiles),  
lice (thieves)

and the pestilence of livestock (hunger).

Out of a desert come locust.

So if you think that the death of the firstborn (pandemic)  
and economic darkness all over the land today

has been unpleasant,

wait until the locust (mass rebellion) show up.

What the humbugs have done to the United States  
is nothing compared to how The Children of Israel  
will have to protect all God's Children  
when global warming turns this world into a moral desert  
with locust consuming everything.

So, let's all hammer the final nail  
into the coffin of the Republican "party" together,  
for the land of milk and honey is at hand.

## **Previous Books**

(I recommend you read them in the reverse order written.)

### 15. **Playing god With God**

Hinduism, Health And Healing

How To Believe In God By Believing In Yourself

### 14. **Quran: The Book of Lights**

Volume 1 High Lights

Volume 2 LAND: How To Become A Genius And Save  
The Planet

Volume 3 SEA: How to Love Life

Volume 4 SEA: How to Love Life

Volume 5 Sky: How To Believe In Yourself

Volume 6 Sky: How To Believe In Yourself

Volume 7 **Flames**: How to Circumcise Your Own Soul

### 7. **A Guest At Their Table**

My Gay-Jewish Review Of Christ's Feast Of Self-Love:

Volume 1 Christ's Bread And Body

Volume 2 Christ's Wine And Blood

Volume 3 Communion In A Human Body

### 4. **The Forbidden Fruit's Perspective**

Torah For Straight People

Volume 1 The Genesis Of A Moses Like You

Volume 2 The Exodus, Leviticus, Numbers And  
Deuteronomy Of Everyone

### 2. **The Wisdom Of Self-Love**

Life Is A School. I Am My Major

### 1. **Becoming**

89 Poems Of My Love For Me