

Dedication and Affirmation

(This is the current version—changes to the dedication and affirmation shall be made here)

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Contents and summary

1 Dedication

I dedicate my life to *The Way of Being*,

To living in the immediate and ultimate as one.

To its shared discovery and realization.

To shedding bonds of limited self so that we can see the way so clearly that life is flow.

To realizing the ultimate in this world and beyond

2 Affirmation

“That pure unlimited consciousness—transcending all principles of form... that is supreme reality. That is the ground for the establishment of all things—and that is the essence of the universe. By *That* the universe lives

and breathes, and *That* alone am I. Thus, I embody and am the universe in its ordinary and most transcendent form.”

3 Meditation

Meditation is mind employed reflectively on itself and the world toward ends of its intelligent choosing.

1 Dedication

Inspired by the third of twelve steps.

1.1 The dedication

I dedicate my life to *The Way of Being*,

In thought and feeling.

To living in the immediate and ultimate as one.

To living experientially and instrumentally in the immediate world on the way to and as one with the ultimate.

1.2 The way and the means, intrinsic and instrumental

To its shared discovery and realization.

... under pure dimensions of experiential being in form and formation as the world,

... and pragmatic dimensions of the world

As found – nature

As built – culture in attitude, experience, and action... and society

And became the world on the way to the universal and ultimate

1.3 To overcoming limited self

To shedding bonds of limited self so that we can see the way so clearly that life is flow.

... over force.

Even in difficulty – and so moving toward positive being.

The bonds of occur in all dimensions of being.

1.4 To realizing the ultimate in this world and beyond

To realizing the ultimate in this world and beyond

And, so, coming full circle to always being at the beginning of a journey of discovery

2 Affirmation

The quote just below is a paraphrase of Abhinava Gupta (950 – 1016 CE, a philosopher-theologian of Kashmir) from Christopher Wallis, *Tantra Illuminated: The Philosophy, History, and Practice of a Timeless Tradition*, 2nd ed., Mattamayūra Press, 2013, p.370.

“That pure unlimited consciousness—transcending all principles of form... that is supreme reality. That is the ground for the establishment of all things—and that is the essence of the universe. By *That* the universe lives and breathes, and *That* alone am I. Thus, I embody and am the universe in its ordinary and most transcendent form.”

3 Meditation

Meditation is mind employed reflectively on itself and the world toward ends of its intelligent choosing.

Incomplete separability of body from mind is implicit, therefore meditation encompasses yoga, reason, action, and transformation. Intelligence is frequently understood as that which enhances effective action in the world. Here *action in the world* is enhanced to *action in and for the world*.

Traditional modes of meditation (e.g., Shamatha and Vipasana) and of yoga (e.g., eightfold, which derives from Buddhism) are included.

4 Resources

[The way of being](#)

[Human knowledge](#)

[Meditation \(yoga\)](#)

[Reason](#)

5 Document data

Documents pointing here—the [brief outline](#) and many others, especially in the [narratives](#) folder; [priorities](#). In the [personal](#) folder.

Documents to which this document points—none.