

The Answer

What is the answer? First of all, who asks the question?

After you've thought about that for a while, the answer might make sense:

Clear seeing, calm abiding.

That's it. That's all there is. The rest is practice.

You were expecting more? That's all there is! It's enough!

Take up these two wings with strong determination. They must balance each other. Awareness must be tempered by equanimity.

Clear seeing

Awareness of things as they *is*, not as we wish them to be, or wish them to not be, or as others may wish. Through practice, see beyond aversion, and beyond craving. See beyond the self, and see things as they *is*.

Calm abiding

Neither hold on to, nor push away. Strive for the self which is equanimous and non-reactive. Compassion is the key, and it must grow from the center out to others.

Witness the Rose, both petals and thorns.

Clear seeing and calm abiding does not mean to withdraw -- it means to experience fully, completely, with awareness and compassion. Balance awareness and clarity of mind with equanimity and strength of heart. As a more abiding center grows, it calls for and creates the container for more awareness. As awareness sharpens, and more of the unconscious is revealed, it calls for a more abiding center to hold it.

Namaste-

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