



Duality

Passive & Active Approach to Life
Plus the 3 Goals & 3 Obstacles in Life

Thought by Andy B Allen

Dualism vs Non Dualism

OR

Dualism and Non Dualism...

For a long time, different traditions have argued about this concept, but the reality is that both are equally valid and right in their own way. There are some aspects of existence that are dualistic and changeable and others that are not.

It is important to recognize that the aim of self realization is not to remove opposites, but to stop being a slave of them.

In order to move beyond the pull and push of pain and pleasure, we must exercise the study of the self, the study of nature, and the study of scriptures.

Opposites & Balance

Duality is made of opposites and impermanence. The key to master it is moderation, or as the buddha called it, the middle path, neither utter indulgence nor complete renunciation.

“Neti neti,” neither this nor that. The world is made of opposites, and in order to find balance, we must remind ourselves of what we are and what we are not, the famous question “who am I?” By consciously asking ourselves that question, we will eventually arrive at the conclusion that we are pure awareness, and even though the material world outside is also part of the universal consciousness, from where pure awareness came from, it is also a temporary projection of it and it belongs to the opposite spectrum. Think of it as the two sides of the same coin.

Every part of this dual experience has a positive, a negative, and a neutral side. It is up to us to identify the right course of action.

The Three Obstacles

Ignorance, Attachment & Aversion

Ignorance: not being able to see the difference between the permanent and the impermanent, seeing things for what they are

Attachment: to safety, pleasurable things, and the fulfillment of the senses

Aversion: to anything that is not pleasurable or anything we dislike, pain in the body, or suffering of the mind

When it comes to attachment and aversion, we also have to recognize that those two are natural or inherent components of human nature, so they are not wrong or bad in nature, but they must be used in the way nature intended, to protect us from harm and help us identify helpful things.



Remember!

To overcome the 3 obstacle, you must focus on:

To serve (Karma): Every action has a purpose, every action gets you close to or far from...

To worship (Bhakti): Bliss is everywhere, if you can see it

To learn (Jnana): Study and observe from all and all



Purpose

- Without purpose (Dharma), nothing is possible
- We all have an innate need for purpose
- Finding purpose in everything, or almost everything, we do gives us inner peace
- But to find purpose, we must first be connected to our surroundings and understand that purpose can be generic or specific.



FOUR DRIVES

We must keep close attention to:

- Food (nourishment)
- Sex (reproduction)
- Sleep (restoration)
- Fear (survival)



By seeking balance and moderation whenever suitable, we will develop inner and outer healthy habits.

Practice

- Take a few moments during your day to acknowledge that you are not your thoughts or actions.
- With intention; remind to yourself what you are not and what you are. You are awareness, anything else you identify yourself with is changing and temporary.
- Practice Dharma, or doing things because they must be done in order to preserve Dharma and not because of likes or dislikes. When doing things, ask yourself how is this serving the natural order of life.
- Once a day make sure you do something positive for someone. Make sure the person knows that they don't owe you anything, if that's the case.
- Practice moderation. Choose one or two habits in your life and consciously make a plan to moderate those habits. Focus on the 4 drives