

IF FOUND PLEASE RETURN TO BRENDON  
MCNIVEN - c/o OVE ARUP, LEVEL 12  
360 ELIZABETH STREET, MCBORNE,  
VIC 3000, AUSTRALIA FOR REWARD

060 8377351/1  
DM 2, 95

9.0.00

"Tis even as a border town,  
having strong walls and six  
gates... with a wise and prudent  
gatekeeper. Thither should come  
from the East swift Twin  
messengers: asking for the lord  
of the city... he sits in the  
midst of the crossways. And  
they twin, having truthfully  
delivered their message,  
should regain their way. And  
the twin messengers should  
come from the West.

The town is this body; the  
six gates are the six senses; the  
gatekeeper is mindfulness; the  
messengers are calm and insight;  
the lord is mind; the message is  
"Nibbana"

Samyutta-Nikaya  
IV. 194.

10.10.00

" Your vision will become clear only when you look into your heart . . . . "

Who looks outside dreams  
Who looks inside awakens "

Carl Gustav Jung.

" The leader has to be practical and a realist, yet must talk the language of the visionary and the idealist. "

Eric Hoffer.

12.10.00 More quotes!

" I believe that imagination is stronger than knowledge, that myth is more potent than history. I believe that dreams are more powerful than the

facts, that hope always triumphs over experience - that laughter is the only cure for grief. And I believe that love is stronger than death. "

Robert Fulgham.

14.10.00 Some footage of a motorcycle accident come through on email yesterday. Dark and grey and misty pictures of a motorcycle and a truck on one of the motorways, and a limb, and bits of flesh on the road unrecognisable, ~~and~~ swollen with the wet of the rain, and a section of intestine, and other bits in the double wheels of the trailer, and finally an expressionless still head, surging hair and eyes wide open, next to an arm, on the pavement, cars would have been sloshing past a few lanes away. somewhere nearby there would be the normality of the inside of a police car or traffic van, into which someone would soon go to sit down, shut the door and smell the interior as it has always smelled whether back at the depot or outside of their house.

and they would sit for a moment knowing about the lead and the arm from what was not very much earlier just an overtaking manoeuvre or a momentary squeezing through traffic in a much bigger picture. A next moment of time passing <sup>very</sup> quickly that somehow got snagged somewhere, and spun out of control, and into a long drawn out, still, mess of bits of a whole life or until then, on the road; in the rain.

Reading a book on Buddhism by Ronald Furey of the Buddhist Society. I like it because it is so old and contains the basics without too much of the over analysis. It is written very evangelically though which I don't like. And the blessed one said unto... and all of that. It also mentions the ages of different Buddhas (Simon and Margot have named their little boy Matt after Maitreya, the name of the next Buddha apparently). I prefer to think that Buddhism

is a philosophy. There is no worship, ~~with~~ Maybe they are ages of the ~~the~~ great teachers?, the great growths forward in understanding.

The three signs of being

- impermanence
- sorrow
- self.

The four noble truths

- The truth of sorrow
- The cause of sorrow
- The ceasing of sorrow
- The way to the ceasing of sorrow

*Four stories of life and learning*

The five rules of the Buddhist follower.

- refrain from injuring to living things
- refrain from taking what is not given
- refrain from sexual immorality
- refrain from falsehood.
- avoid intoxicating drinks.

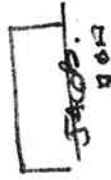
For the lay  
like under the  
Buddhist  
world

The noble eightfold path

- Right understanding or right views.
- Right resolution or right motives
- Right speech
- Right action
- Right occupation
- Right endeavour
- Right mindfulness
- Right meditation

I have read a better book, the first book I read on buddhism in fact from the Hong Kong library. It spoke a lot more on getting rid of desire from life.

Thought I might do web pages for all the new born babies



Storage

← Name  
Hospital.  
Photo gallery.  
Newspaper.

15:10:00 Spent most of the weekend sleeping and around the house trying to get over a chest cold. Drifted off to sleep in the bean bag in our front garden (quite a small garden) in the sun today and woke up hearing a dogs bll and saw Lisa (Jessies owner) walking with Russel smiling at me. Was really nice somehow. Went inside and lay down and wanted her there (is that bad?), just with that smile and ease and appreciation between people of what those moments are. That deal coming for each other. Have that a lot with Ange dont get me wrong, its just nice when it happens with others also.

Finished this book on Buddhism, feeling pretty equanimous I guess, would like to get back into meditation, or Tai Chi or philosophy or the Theosophical foundation maybe. Peace, love, lentils man...

I am feeling a little better than you,  
someone has let go of my balls and  
taken away the pressure in my head. How  
wonderful a simple little rough after all  
the hellness.

Angie (+1) are feeling a little lost  
with this shared care pregnancy thing. We  
missed out on private insurance by a few  
months which isn't a real worry but it does  
mean you get a constant doctor.

I thought this would be good as we will  
get different views and opinions. Probably is  
but Angie has been going to her old doctor,  
a gynaecologist / Obstetrician in Box Hill who  
is not that good. Will have to go to

someone at the Mery and get a schedule for  
all the visits we should be making etc. etc.  
That will be a lit letter. Angie and bump!

21.10.00

"That knowledge that sees one unchanging  
principle in all created beings; the  
undivided in all that is divided; is called  
Sattvika knowledge.

Knowledge that perceives diverse principles  
in different created things on account of  
their being separate is known as Rajasa  
knowledge.

But that tripling knowledge which is  
unreasonably restricted to what has  
been done, seeing it as all encompassing,  
with no concern for its cause and no  
understanding of its fundamentals, is  
called Tamasa knowledge.

The Bhagavadgita.  
(Sibhargavañ).

Sattva, Rajas and Tamas are states of mind or being that were introduced in philosophy when I was doing it. The Bhagavad Gita actually had quite an influence on all of that.

Sattva is a higher, lighter or enlightened state, concentration, perception, compassion so on.

Rajas is the middle state, a state related to 'cintaking', unlightened working. Wheels in motion type state.

Tamas is the lowest state, of inwordness of almost intentional blindness, small mindedness or selfishness. This was (mistakenly I think) explained as a sleep or still type state at philosophy. I can remember depending the state of a depressed state with notes late at night with music going as something that can be

worth while, even if it is only because it is needed for balance. I still believe that. Maybe it isn't. Tamas, or maybe you need that balance; it is just a matter of pushing it so far to Sattva as possible? I think maybe more it is a Rajas meditative state, maybe even Sattvic subconsciously. There is a definite feeling of experiencing oneness; of quiet of immenseness; it is just not a concentrated, focused awareness of all of this that I imagine it would be in pure conscious Sattva.

Sometimes when you can't seem to grasp the truth head on, can't seem to quite focus on it and its pure state, it is enough, or all you can do, to sit on beside the knowledge that it is there. To sit eyes glazed feeling its warmth in the hope that one day a door will open up to it.

To not know it is there would be less frustrating, but also less beautiful! - think, less of an adventure, less of a feeling world. Less of a tragic world also at times?

There was also something on the caste system written into the Bhagavadgita. Prof. P. B. Lal had to get rid of a caste system which is written into the religion (I would have thought):

"Peace, self-control, austerities, cleanliness, patience, integrity, spiritual wisdom, empirical knowledge and health in a humane world are the duties of the Brahmin, arising from his nature

Valour, power, fortitude, resolve, not fleeing from battle, generosity and a lordly disposition are the duties of the Kshatriya, arising from his nature

Agriculture, rearing cattle and tending one the duties of the Vaishya, arising from his nature; the work of the servant is the duty of the Sudra arising from his nature."

A man is encouraged to perform his own duty to be absorbed from sin, to attain perfection.

The levels of happiness also explain that three needs quite well (as well as offering insight!).

"That which is like poison at the start and nectar in its effects, that happiness is said to be Sadhika, and arises from the serenity of self understanding.

That which arises from the contact of the senses with their objects, which is like nectar to start with but poisonous in its effects, that happiness is said to be rajasa.

That happiness that deludes the soul left at the start and in its effects, which arises from sleep, laziness and neglect of one's duties is said to be tamasa."



And as one, Gods included is free from all three.

22.10.00 Ange has renamed Flash. Squitching Tengo' after the reincarnated buddhist monk that he obviously has within him. This springs from the wild dogs around monasteries in Tibet that are considered reincarnated monks (foiled monks). I think Squitching would most likely have failed due to lack of strength of mind, easily intimidated and led by the other monks.

Reading more about Hinduism; quite an interesting religion. The religion does not rely on sets of rules or faith so much as intuition, experience and inward realization. The scriptures are transcripts of the lives of perfected people. I think, and can extrapolate a bit now, that you can choose what is best for you, what God you wish to follow to try and live or realize that inner experience. (c) a

whole number of suggestions to achieve the basic goals of the framework.

This might be why there is such a contradiction between the religious ideals and the reality of life which is more based on achieving Western materialism; this looseness allows too much freedom (that materialism is obviously a gross generalization; perhaps unfairly as India is also one of the most deeply spiritual nations there are (imagine!)).

That looseness is also why it has survived for so long; any new religion if worthy becomes another example of the realized soul that fits into the framework. The rest God.

The width or scope also must make it quite forgiving; people following different paths, accepting differences. Actually, that I can't believe; even in the same religion different paths would be defended, based on others. Judaism, Catholicism, Christianity are good examples.

The Bhagavad Gita interestingly