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**EVERYDAY
SPIRITUAL
WISDOM**



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Everyday Spiritual Wisdom

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Foreword

"Everyday spiritual wisdom" is a collection of 219 wisdom quotes and phrases for you to read, understand, think about and contemplate. Each phrase has an additional explanation so you can see that phrase from another point of view.

I created this collection out of the inspiration that I got on my spiritual path so I can share them with you, my beloved reader.

Namaste

Meditation

1. In the sacred temple of meditation occasional worshipers come and go. Only Lord Buddha's statue rests undisturbed, with his eyes half closed.

In a temple where Buddha's statue lies, there is always the space for allowing our souls to worship, in silence, the greatness and simplicity of Lord Buddha. No matter what happens during the day, no matter how many worshipers come and go, there's always the sweet fragrance of sandalwood which invites us to meditate, to be mindful, to be aware of the simple and yet immense greatness of the Dharma, the teachings of the Buddha, The Awakened One.

2. Inside the temple of one's soul there is grace, beauty, solitude, and silence. It is only a matter of time to find our soul's sacredness.

The body is like a temple where our soul can rest. Our soul always praises grace, the beauty of all the things, and it also likes to sit in solitude and silence. By practicing compassion and love, and by being silent in our meditation practice, we will soon find out what sacredness means.

3. In silence I try everyday to find my own Buddha-nature, assuming Lord Maitreya's posture on the meditation cushion.

The Japanese tradition of Buddhism says that we are already enlightened, and by meditation we always assume Buddha's (the Awakened One) posture, nothing more, nothing less.

4. Be the time-keeper of your own meditation session.

By meditating, one of the most important things is to keep aware, lightly, and be here and now. Meditation has the main purpose of showing us how mindfulness means, or, in other words, how a clear mind feels like. Keeping the time of our meditation session here means being aware of the time we spend during the meditation, thus making awareness less complicated to practice.

5. Understanding the basic nature of breathing-awareness, I rest in silence.

When we have managed to solve the mystery of meditation, or when we have mastered the process of meditation, we will dwell with utter simplicity in the awareness of our breath, which slowly goes up and down.

6. The cleaning of one's mind begins not with trying to suppress one's thoughts, but with accepting everything that arises as thoughts or images in your mind, and letting them be. So in practicing meditation one needs to fully accept what

life presents us with, as it is. Thoughts do not go away just because we are starting up meditation. Meditation is a tool that allows us to clearly see what is going on in our minds.

In the process of meditation, for beginners and also for experienced practitioners alike, thoughts will arise out of our mind. This is how our mind works, thoughts arise most of the time. The problem is if our thoughts arise randomly, or if they arise only when we need to think. By accepting and letting our mind express itself, we will learn, in time, how we think, how we function, and how our mind is.

7. Make meditation your practice so you can learn discipline. Discipline will cultivate discernment. Discernment will free you of your addictions and passions. Being freed of your attachments, cravings and passions, you will start witnessing the natural phenomenal world, in all its might and greatness.

Meditation is the basic practice of Buddhism, the religion of the Awakened Ones. By successfully practicing meditation, one learns about mindfulness, about the clear mind of no-thought. By having a clear mind during the day, you will become more and more disciplined in your life, and you will start to see things that you previously took for granted. By being more disciplined, you will start to arrange better everything in your life, from things, to ideas, to building your future as well as you wish. By being disciplined you will, in time, learn the virtue of discernment, which will act in telling you what's right and what's wrong for you, at every step that you take. Thus, all your addictions and passions will go away. Being freed of

attachments, cravings, and passions you will start to see the world as it is, as all these things will clear away the filters through which you used to see the world. Your view is now clear, pristine, and life is perceived through direct experience, through simple awareness.

8. Falling leaves, brown and yellow, cover the Earth with their beauty. Occasional thoughts rise gently in my mind's autumn, only to fall in the next moment, completing the carpet of colorful leaves around me.

The nature is the best example in our lives of mindfulness and purity. The nature has its own cycles, and it always clears itself out, renewing itself every time. So does our body if we take great care of it. The falling leaves are exactly as our thoughts, that come and go all the time. A falling leaf is a coming thought. When it reaches the ground, the thought disappears, only to let our mind empty.

9. Making a priority and a passion out of meditation will bring, in time, great discipline. A disciplined mind is always happy.

Discipline sits at the base of our meditation practice. If we schedule time every day for meditation, besides a cleaner mind, and a healthy practice, we have a chance of developing the virtue of discipline, which will help us tremendously in our daily life.

10. Meditation is not about finding sublime states of mind or thinking less. Meditation is a sacred act of meeting yourself in this world as you truly are, as you truly have become. Being aware of

who you are, as a byproduct of meditation, is bringing great joy along the way, to anyone who practices it.

Meditation is our personal broom with which we clean our mind. Be it wild or shallow thoughts, we deal with our mind every day. We need to make friends with our mind, understand it, understand how we think, and let thoughts dissipate in their own time. The more we practice meditation, the more our mind is clean of unnecessary thoughts.

11. Silence around you, silence inside, you witness the uncreated essence that also makes up who you are.

Silence manifests effortlessly in a successful meditation session. It is in those moments when thoughts are not arising when you feel calm, relaxed, and at peace. Even if thoughts arise, you let them be, you see them for what they are, and then you gently wait for them to dissipate. This is a successful meditation session.

12. The rising scent of the incense stick is swirling in regular and random patterns. You rest undisturbed on your meditation cushion. Occasional thoughts come and go in this spacious awareness that manifests naturally in meditation.

An incense stick will always help our meditation session. It is the special and particular smell of the incense that invites us to be aware, to be mindful, and to stay relaxed on our meditation cushion.

13. Managing to silence the mind is the capacity of a person to free oneself from his own grasp. Silencing the mind sets our spirit free from the grasp of our own limited mental understanding.

Our mind is limited until it has reached the space of the big mind, the mind that sees, understands, and perceives the reality as it is, with no biases, mental filters, and preconceptions.

14. The sacred practice of meditation is one of the ways in which one can connect to his own conscious awareness, to his own true self, to his essence.

A healthy meditation session will not only clean the weeds of your mind, but will connect us to our deeper self, where our true essence of being can be observed.

15. A deeper form of intelligence manifests in the mind of the one that rests longer in awareness, or in a meditative state.

There is the shallow intelligence that we have when we rest in our Ego, which manifests on the surface of our minds, and there is the deep intelligence that we witness in meditation, when we are calm and aware, so we can get the chance to see how our clean mind works.

16. Sometimes, reading more or gathering more knowledge can be detrimental to your spiritual path. Read the essential and focus mainly on your practice. A good balance would be 80% practice and