

Wisdom - FR

Our journey in life is a journey of understanding. Knowledge and wisdom.
The Buddhist thought has divided the aspect of panna – wisdom in 3 categories:

1. Sutra panna: the wisdom that we get by listening to discourses or reading books
2. Wisdom which we get by thinking, reflecting, investigating intellectually.
3. Wisdom that we get from directly knowing the things as they are.
The wisdom that is coming from meditation, from development, from practice.

The charts were to explain mostly the steps in meditation, the key meditation steps in the gradual training, divided in 4.

1. Guarding the senses
2. Clear comprehending
3. Tranquility
4. Insight

To clarify the 2 terms a little bit more: object and objective

Simply we have mindfulness of the here and the now. This is the object, this is the situation in which we are in any moment of life. It starts by observing where we are, what is happening now.

Then the objective refers to: what can we do about it or not to do about it. This refers to the direction, the attitude and eventually the adjustments that we will do in regard to what is happening now simply by the way of knowing which steps of mindfulness we need to adapt to them. So the objectives are just the steps of mindfulness in which we have to adjust.

So what do you do now? Where are you now? Just observe very carefully. Start with observation. Then according to the mood that you are experiencing, then you choose the mode in which it will be better and more adequate to deal with the situation.

1. Sometimes you just need to protect the sense doors, to protect the mind, to guard yourself against invaders – unskillful mental states. This is guarding.
2. Of course all the time also we need to have with mindfulness clear comprehension of what we are doing. And eventually this will also include what you are dealing with your mind. What is happening there. Clearly understanding it. Clearly comprehending.
3. Once this is very clear, then you can just decide to develop a specific meditation subject, of which there are many, according to your need. This will clear your mind and calm your mind. Once a meditation subject has been chosen, then you surrender to it. You just do it with FAITH, with interest and with dedication.
4. Sometimes the mind is very clear. You know exactly what is happening. Your observation is so sharp, that it goes directly with insight to see phenomena as they are. This step is an analytical observation.

Mindfulness is the object and these 4 steps of mindfulness, these 4 steps of meditation are the objective. So know where you are and know what you like, what is needed to do and how.