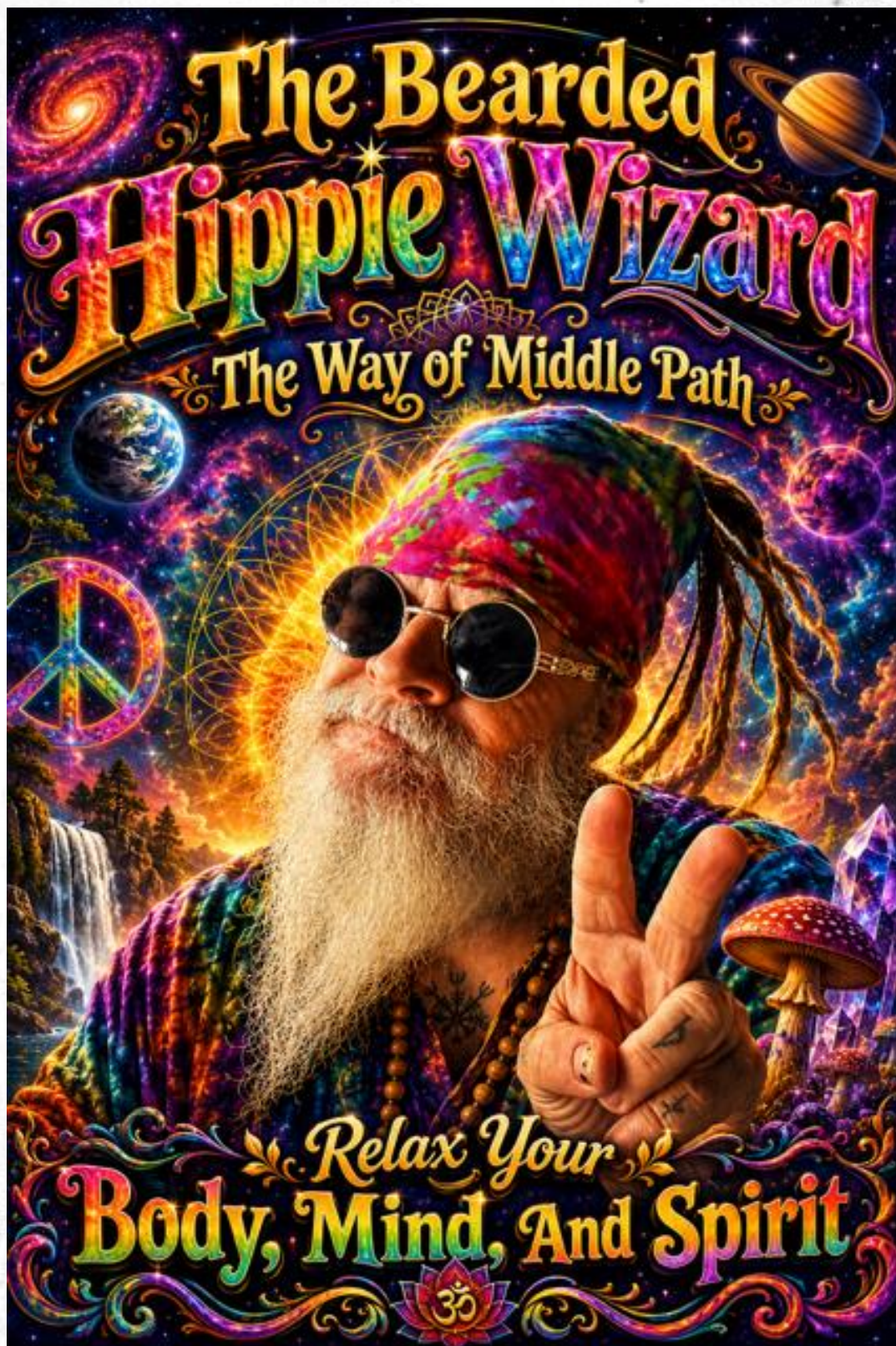






WAY
OF THE
MIDDLE PATH
A LIFE PHILOSOPHY



Special thanks to Susan “Bodhi” Wiest for editing and her unwavering effort with this difficult manuscript to produce a readable book.



WAY
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MIDDLE PATH
A LIFE PHILOSOPHY



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The Waiest® Universal Life Om is the symbol of the Order of the Waiest Spirit Warrior Chi Monks. Consisting of the Om, which represents universal life, combined with a Zen circle, which represents the journey, it symbolizes universal life's journey. It also symbolizes the ripple that has become aware it is the water.

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WAY OF THE MIDDLE PATH

A LIFE PHILOSOPHY

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The Pursuit of Enlightenment

TO EACH THEIR OWN JOURNEY

We have all asked the questions, "Why am I here?", "What is the purpose of life?" and "What am I supposed to believe in?" It can be very confusing with so much information out there and so many people insisting they are right. Your path may become clouded. There is hope, and the answers are within you.

You are a direct link to creation. You are of creation. Books, buildings, governments, and religions are secondary, man made items. They are important in that they can spark the truth within, but it is within your journey that the answers are found. We each walk the path as teacher and student, not to impose our lives on others but to flow with the universal process. We are not meant just to survive day to day. There is a difference between survival and fulfillment. One must follow their own heart and make the best of their journey. Learn to see beyond how life has been presented to you and win with the challenges life has set before you. We are not human beings having a spiritual experience, but spiritual beings having a human experience.

THE ART OF PEACE BEGINS WITH YOU

In the society that we live in today, you will find it almost impossible to eliminate suffering and mental stress from your life. With **Way of the Middle Path©** you will, however, be able to greatly reduce their power and influence over your life. Within the pages of this book you will take a mental journey to develop a deep and authentic knowledge of your individual relationship with the greater whole, to use that relationship to influence the outcome of your life, to harness individual strength, and to become one with the universal process. Foster peace in your own life and then apply the art of peace to all that you encounter.

The **Way of the Middle Path©** is not based on any one philosophy, but is a study of naturally occurring similarities found in many traditions of thought. It is akin to a code of conduct and a personal discipline, which is sorely missing in the world today.

As a culture we have now evolved enough to move beyond the old skepticisms of the temporary. We are capable of a global view, a higher insight, not needing to impose our truth on others out of fear and self-doubt in order to give our faith validity, but to exist as a whole through our individual discovery of innate enlightenment. Enlightenment is not a stopping point but a new beginning.

In **Way of the Middle Path**® we make reference to **"The Way"**. This is a phrase given to your innate enlightenment and personal success to help bring it into focus in your every day life. **"The Way"** refers to your journey and is how you deal with everything, how you interact with life, the spirit of your actions, your life philosophy, and a personal code of conduct. **"The Way"** also refers to universal life, a way to live within natural law. It is a way of thought where in all things some truth may be found and can be channeled into your enlightenment experience.

Within my books you will see the term **Waiest**® (way-ist). I created this term to mean one who follows **"The Way"**. It is the art of your life! **Waiest** is the art of your journey, taking the life that you live and making it the art in which you train. The idea is that no one's life experience can ever be the exact same, that no one will ever see from your eyes, hear from your ears, or feel what it is to be you. No one else can experience the exact battles you have undergone to be where you are. Even if someone else walks the same path, each person perceives and endures life's experiences differently. Each experience molds and forges our perceptions and actions. It is a building block effect. It is the journey itself that is the destination.

"Waiest" does not refer to one's belief but on how one conducts their self. It is a personal discipline and a way of thought. There are many people with many beliefs who conduct themselves very badly and without honor. A **"Waiest"** willingly seeks out the challenges of living and learns through the teachings of life. A **"Waiest"** cuts through the illusion of worldly dictates and demands, overcomes personal limitations that block the path to enlightened consciousness, and sees beyond how the world is presented as the search for enlightenment is within. It is meant as a representation that you are one who follows your own path, stands on your own two feet, and seizes opportunity, creating the most positive life journey possible for yourself and universal life as a whole.

The **Way of the Middle Path** does not try to tell you how to interpret your journey for it is your individual relationship with the greater whole, universal life, which can never be experienced by another. The **Way of the Middle Path** simply recognizes your connection with universal life. It is up to you to follow your path. The **Way of the Middle Path** is not going to give you all of the answers in black and white. To know that you do not know is the first step on the path to enlightenment. So, when reading this book, try to move beyond the words and let the theories and ideas within spark your imagination and take your mind on a journey, entrusting that you will find the answers.

Discover new and ancient forms of **meditation, philosophy, natural health, and chi training** that will bring balance to your life.



**PREPARE TO START YOUR NEW JOURNEY
BRING ONLY THE ESSENTIALS - YOUR SPIRIT, MIND, AND BODY**

The Way of the Middle Path© is your guide to individual enlightenment and personal success. The Way of the Middle Path is a beautiful book of self discovery based on your individual journey.

Way of the Middle Path© will act as a guide on your journey of discovery and conforms itself to the reader. With each new level of awareness attained, it reads anew and must be lived and meditated upon, not just read or memorized. The Way of the Middle Path can be used as a daily oracle to ones life journey and can help in an every day application to life. Just open the book to any of its pages and read. It will have reference to your daily needs. Keep this positive insight in mind, aspire to live it, and apply it to your life's journey for personal success and enlightenment.

Way of the Middle Path© has also been written in the style of a Zen teaching riddle and is a paradox that is to be meditated on to help one achieve enlightenment. The Way of the Middle Path should be read a little each day, as you ponder the meanings of life's journey. A koan is a Zen teaching riddle in the form of questions or statements assigned to students by their master. Classically, koans are attractive paradoxes to be meditated on. Their purpose is to help one achieve enlightenment. A well-known example is "What is the sound of one hand clapping?" The clue that was given to me by my master was not to think of the person asking the question or of the question but to think of the person answering the question. Remember, you are "**The Way**". Without you there would be no journey.

The ultimate goal of a Waiest Chi Monk is to move beyond the words, views, and dramas of man and to be at one with universal life and the flow of one's universal life force, qi. It is within this that one may find an enlightened inner peace and a freedom which nothing can take away.

Everywhere is your temple, every day is your special day, and universal life is your teacher. ~ Dorje Robert Wiest ॐ अहं हुम्



WAY
OF THE
MIDDLE PATH
A LIFE PHILOSOPHY



**Some ideas posed are to lead to insight, not
question nor answer, just journey.**



The Way of Eight ~ A Spiritual Awakening

- ॐ **The Spirit** - You must have a relationship with your spirit and the spiritual nature of the greater whole. Realize that you are not a human being having a spiritual experience but a spiritual being having a human experience.
- ॐ **The Reclaiming** - Take the time out of each day for inward study and quiet reflection to reclaim yourself and raise your life force energy. This is the reclaiming of your knowledge of self as a spirit.
- ॐ **The Relationship** - Let go of the temporary. Do not attach the ideals of possession or form to your spirit. This is like a cage that traps your spirit and ties it to the linear. Your spirit must be free and at one with the individual relationship. The relationship is the journey of life, which is spiritual knowledge.
- ॐ **The Greater Whole** - Commune within the greater whole. Stop to listen to the word of creation. You cannot live outside of life but only exist as life. The word of creation is within and a part of you.
- ॐ **The Cultivation** - Cultivate your inner divinity and innate enlightenment. In this life you may have a strong spiritual philosophy but not a spiritual existence. Wisdom is not knowledge until it is applied to life.
- ॐ **The Awakening** - Those without true faith see a declining civilization. Those of us who have seen the way see all as a test of the truly faithful and a spiritual awakening. All may be channeled into the enlightenment experience. Have faith that your path will always lead you to exactly what is needed for spiritual knowledge, growth in life, and awareness.
- ॐ **The Reflection** - Form is emptiness and emptiness is form. All knowledge, everything that is and was and will be, is everywhere and in all of us. It's just a matter of opening your mind / essence to reflect it. Realize that you are the journey and become one with the nature of things. Be a reflection of the way
- ॐ **The Path** - The individual relationship is the rock. The gathering of community is within the greater whole. The one faith is within you. Be the living spirit and an emissary of life, making the best of your journey.

The Pursuit of Enlightenment

Waist is not a label. Waist is the art in which I train, the art of my life, the art of my journey. I am a part of everything. I am of all minds and of all ways. I do not study just one path up the mountain but I study the mountain. I am a nomad of the mind. Everywhere is my temple, every day is my special day, and universal life is my teacher.



**In all things truth can be found and all may be
channeled into the enlightenment experience.**





THE WAY OF THE MIDDLE PATH

Life in today's society is dominated by social conflict, a battle of opposing extremes. The way of the middle path is the line between the two opposite extremes. One who follows "the way" turns from this conflict for the middle path and strives to be in harmony with the natural flow of the universe. A Waiest (way-ist) does not attach himself/herself to any one thought or ideal but sees them all as a part of a whole. One who follows "the way" moves freely through thought without attachment or emotional burden.

One does not create "the way". One sees it in all.

One may believe in "the way" ~ theory without practice

One may follow "the way" ~ theory put to practice

One may realize that he/she is "the way" ~ realizing that you are the journey and becoming one with the nature of things, universal life ~ a reflection of the way

One who follows "the way of the middle path" clearly sees that all is a part of the greater whole. We are all students of life, and the Way of the Middle Path© is the philosophy of life. All faith, thought, and action - all of creation - is the Way, and the Way is that of origin.

The Pursuit of Enlightenment

The Waiest Philosophy is the means to the end and must be perceived as a whole. Do not see just the words, paragraphs, and pages, but see all as one and the spirit behind them as part of the greater whole. Within the nature of things is where you will see what is written. Do not miss what is written because of the words.





The Journey Begins

We are fish in a river. The river's course cannot be changed, however, we can move within it. We can make choices, have new ideas, move life from here to there but never change the course of that river. We can only live within it and within harmony.

The river of truth flows in many directions, but is nothing more than perception based on life experiences. What may seem as truth is different for everyone. Your relationship with the universe is your individual relationship, your individual reflection. Like any other organic essence, it is ever growing and changing. There is always a new beginning and always another ending to the journeys we all must take. Not truth; just reality as you define it. The closest thing you may find as the truth is honesty and faith from within, and in this way, you must keep a beginner's spirit for you are always at a new beginning.

The Pursuit of Enlightenment

The journey is how you make it, for you are the journey.



**The journey may be written but not the destination.
Each moment is a universe unto itself.**

**Do not doubt, abuse, or take for granted your path. You are your
own light. You are the path, and all paths are the source.**

**Truth and freedom comes from within, not from things or
others. When awareness is achieved, there is nothing more or
less than anything else.**





The Dharma ~ The Path of Enlightenment

- ॐ **Right View** - Examine your goals and motives. Do not be mindless. Know the reasons for your actions. Be able to clearly communicate your goals and motives.
- ॐ **Right Thought** - Do not harbor negative thoughts. Mentally prepare for the task. Is it worthy of your time?
- ॐ **Right Speech** - Words are powerful. Use them wisely. Be aware of the power of your words, the spirit behind them, and the thought they can invoke. Avoid negative speech while practicing speaking the truth.
- ॐ **Right Action** - Once you decide on a task, follow through. Do not be haphazard. Carefully plan out the right procedure step by step. If you want to climb a mountain you must start at the bottom. Do not be a destroyer of life. Avoid actions that damage one's self and others while taking actions that better yourself and strengthen the greater whole.
- ॐ **Right Livelihood** - The choice of career is important and must come from within. It is more rewarding to have a career in an area for which you have passion. Avoid occupations that bring harm to yourself or others.
- ॐ **Right Effort** - Now that you have embarked on the path, allow no half-hearted effort. Earnestly do your best. Give the journey the emotional support and effort it needs to be accomplished. Do not allow yourself any excuses that hinder you from attaining your goal.
- ॐ **Right Mindfulness** - To be sure you are still on the path you must give yourself the proper attention. Always be aware and attentive, cultivating your relationship with the universal process.
- ॐ **Right Meditation** - MEDITATION (quiet thought) - One can see to the bottom of a calm, clear, tranquil lake, but when the waters are choppy and unsettled, it can become unclear. This is the same as your nature. When you are unsettled the way may become unclear and difficult to see. However, when you become calm and tranquil like a still lake, you can see self clearly. Your individual relationship with the greater whole becomes more evident.

The Pursuit of Enlightenment

Life is made of many experiences, but you must give the task at hand full attention. You need not be single-minded, but keep your mind on where you are in your journey.



The Journey's Path

Embrace your path with passion for it is where you are. Good and bad are the perception of the human mind and only live within us. Nature only produces ripe and unripe, ready or not ready. Have you ever seen an evil rock or a mad tree or a good lion that cared for you? No. These are human concepts. If I showed you a rock, everyone would agree it is a rock. But if I made a statement someone might say that it was evil. Someone else may say it was rude. Still another may love it. So, if a rock is a rock and all perceive it as one, and we all perceive good and bad differently, it is because one is reality and the other is a perception that can only affect our lives if we allow it.

The Pursuit of Enlightenment

You may spend so much time needing to be right that you are not correct.





**There may be only one mountain
but many paths up it.**

Be free from suffering and the cause of suffering.

Find happiness and the cause of happiness.





Universe is as One

Universal life is the whole, the very life that we live, and the essence of all things. It binds and connects us. It is the thought that you are thinking now as you are reading this and what you have not yet thought of. It is the question you are asking and the answer you are given. It is the now, the past, the future, and the end, all at once. You can get away from work or from friends and family, but you are still here in the universe and always a part of the whole. You can be a Christian, Muslim, a Wicca practitioner, or Buddhist, but you are still a part of the whole - universal life.

Imagine you are now given five different paths. You have the freewill to go on any path that you want, but universal life is all the paths. No matter what path you take or what course you may travel, it is universal life and you are always a part of that path and life. The universe is as one and we are a reflection of that one. We are the only examples of that duality - you and universal life - not just existing as a part but with the capability to realize our inner reflection of the way, life, and spirit. The universe is as one.

The Pursuit of Enlightenment

Within simplicity, volumes may be spoken if you have learned to listen.



Universal Life Force Energy

Qi, life force energy, is your focal point of universal life. Life force energy is the spiritual energy of life. It is in all things, and it is universal. Life force energy is the very living energy that is life's spirit within. Every time you breathe, eat, or traverse the world, you absorb, emit, interact with, and are life force energy. With mental and physical practice you can focus your life force energy, unlocking the energy of life and your innate enlightenment, becoming one with the universal process. Working with the forces of change within your individual environment stimulates your healing power, physical power, mental power, and spiritual power, allowing you to achieve a healthy spirit, mind, and body.

The Pursuit of Enlightenment

Achieving one's goals is sometimes nothing more than staying the path.



**Sometimes you must do what seems to have no merit or value, but
just for that very purpose there may be worth.**

**Walk gently on the earth like a bird flying through the sky or a fish
swimming in the water. Move and leave no trace.**

We are all students of life and disciples of the way.





Becoming One with Universal Life Spirit, Mind, & Body

We are meant for far more than what we perceive. We are meant to exist as one with the greater whole. If you want to have true focus, you must understand the interaction of spirit, mind, and body.

BODY ~ Linear: The body must be fit. Physical activity not only tones muscles and improves blood flow to all parts of the body, but it also helps reduce mental stress and refreshes the spirit.

MIND ~ Natural: The mental plane or reality is just as tangible as the physical. A physical wound can heal relatively quickly but a mental wound may last for years to come. Reading, talking, listening, and writing in a personal journal are good ways of mental therapy. They help to organize your thoughts and clarify your emotions. This organizing of your mind will help to relieve stress and achieve a clear inner focus. The mind leads the body.

SPIRIT ~ Higher: The spirit is the whole of you. It is the all of what you are. If it is not fit, everything suffers. Spiritual wellness begins with taking time out of each day to nurture yourself and examine your goals and personal beliefs. Your actions should reflect those beliefs. Too many people see their lives as it has been presented to them. They just react to other people and their environment without seeing their own individual talents and gifts. Spiritual well being requires discovering your talents and having faith to pursue your dreams. To know the way and to follow the way are two different things. You should always be willing to learn and try new experiences in life and not put down or take away what gives others joy. As people, we need to outgrow the limitations of jealousy and allowing barriers, such as hate and fear, to be in our way. You are a good example when others see you living happily with integrity and decency. The spirit moves the mind.

We must identify with all of our natures not just the linear...

Our society is based around the concept of the body. As long as our culture identifies just the body and operates mostly in the temporary, the tension will grow and our performance will diminish. Emotions such as worry, sorrow, anxiety, fear, and anger will take their toll on our physical bodies and mental condition. Identify spirit, mind, and body as one. Your individual relationship with universal life, the divine, the source of all power, peace, knowledge, and strength is within.

The Pursuit of Enlightenment

We are not human beings having a spiritual experience but spiritual beings having a human experience.



Reflections of Universal Life

All of creation is a part of the way and is meant to serve and strengthen the greater whole. Universal life offers all opportunities within the greater whole. To take advantage of the opportunities, or not, is up to each of us. Universal life is not for or against you and holds no attachment to you. You are just a part of it, as anything else, nothing more or less. However, we also live in a unique perspective with the capability to realize that we are reflections of universal life, existing not just to serve the greater whole and as part of the way but as a reflection of the way. All of nature exists as one with the way and universal life. Nature simply does what needs to be done to serve its greater whole.

You are the journey. You are the path.

The Pursuit of Enlightenment

Do not be self - serving. We are reflections of the universe and of the moment. Open your mind. Align yourself with and reflect all that there is, serving the greater whole.





Do not think dishonestly.

Always follow through.

Wisdom becomes knowledge when it is applied to life.





Journeys We All Must Take

One who follows "the way of the middle path" journeys with the essence of all, not attaching oneself to any one thought or ideal, but believes that all is a part of the greater whole. So, as you follow the way, your emphasis may be on one faith. You may see Jesus as your savior and teacher or the spirits and saints as your inspiration, but you also do not discard the teachings of Mohammed or Buddha for all creation is the word. You're emphasis may be on one but all have the essence of the other. It is within your nature that the essence of creation is realized, for your true teacher is your existence. Too many think that they know the will of creation, the miracle of nature, or the wrath of God. The word of creation is the opportunities of life that are before you. You are the journey and it is how you face that life journey that is important. The word of creation has not stopped being spoken. We have just forgotten how to listen. Let peace be of your heart, faith be your strength, and existence be your guide.

The Pursuit of Enlightenment

Your existence, universal life, is your teacher and guide to the middle path.



The Greater Whole

All things in nature are meant to strengthen the whole. For example, lions kill the weak and the lame. In doing so, they strengthen the herd and keep the herd from over populating and changing their ecological harmony. Then the pride is strengthened, resulting in the greater whole being served. Are we serving the greater whole? Are we doing the appointed job of our species? We have a unique perspective being that we are the reflection of the universe and the moment. We are caretakers of our individual environment, our individual journey, living an effective life, and in doing so, all of our species is strengthened, and we serve the greater whole. Is that the case for most of us? Do we practice our beliefs and follow our dreams in a positive manner? Do we stand strong in our triumphs and our failures, taking responsibility for our actions, not taking for granted the gift of life and making a difference for having lived? As a species, we do not need to kill the lame and sick, but truly teach them to help themselves and not with handouts or pity, but with positive influence without the political and financial agenda of the corporate world, making the weak strong with tough love. Let them make mistakes, fall on their faces and learn from the teachings of life. Teach them how to stand and be strong rather than to be dependent on welfare, drugs, and handouts. This is not to say that we all do not need a hand every now and then, but not to make a lifelong existence out of it. We each need to stand on our own two feet and take responsibility for ourselves, our actions, our individual journeys and individual environment, passing knowledge to our children, and strengthening the whole. We have taken great strides in technology and scientific knowledge, but we are still as children lost on the path, not understanding our true spiritual potential. We are no better off or further along in our spiritual mind, body, and beliefs than our ancestors. It seems we may have even taken some steps backwards. Our society is living solely for financial and political linear gain and, in doing so, never reaching our full potential. We must learn to live in harmony with our environment again by merging our great technological advancements with our spiritual and organic environment. This is the only way to grow and advance as a species. It is the way to stop basing our lives solely on the linear experiences, which include our religions, politics, finances, and overly materialistic existence. By combining our linear lives with organic spirituality, we can live in harmony and as one with our natural environment. If society does not do this, we are well on our way to becoming the weak, decadent herd that has over aggressively exhausted their ecosystem.

The Pursuit of Enlightenment

Do not be a destroyer but a creator!





Do not judge the journey of others. It is not your concern, and it will stifle your spiritual journey and cause you to have hate in your heart.

Do not associate yourself with the so-called morals of the human condition for they will blind you to the greater whole.

Within this world of overbearing emotions, false images of reality, and the battling of opposite extremes, there is hope and it is within you!





Living in the Flow

One who follows the way is not greedy for material wealth but actively seeks that which can help refine the spirit, mind, and body. The way of the middle path is a life journey. It is a path of discovery done at one's own pace. To flow with the universe's natural course is to grow and to invite change when it is time. All things, good and bad, joy and sorrow, will come and go, but it is all of the mind and of the moment and what you make of it. What may be sorrow for you may be what made someone else finally stand up and find character and strength within. Some may find their so-called weaknesses to be their biggest strengths. We all have strength in life but these strengths are too often taken for granted or become our sole focus, thus blinding us to all but that, making it our weakness. It is your weakness that you may find to be your true strength, in essence teaching you great knowledge through minor irritations, forging you in the flames of existence, thrusting you ever forward, ever stronger into life. Build on your strengths and your weaknesses for they are one in the same. Life is where you are at that moment. You must learn to win with the challenges life has set before you. Make the best of each moment and live effectively in "the way."

The Pursuit of Enlightenment

Where you see life, death, happiness, sorrow, joy, hate, triumph, or tragedy, the aware mind, unburdened by loss or gain, sees an ever-growing organic universal life full of opportunities.



One Who Follows the Way of the Middle Path

*One who follows the way,
Is loyal and serves to strengthen the greater whole.
One who follows the way,
Does neither care nor not care for but is the middle path.
One who follows the way,
Only offers honesty, compassion, and opportunity.
And, as a reflection of the way,
Is at one with the nature of things.*

One who follows the way is loyal and serves to strengthen the greater whole. One who follows the way takes care of his/her own life and does so to such a degree that others do not need to. If we each just take care of our individual environments effectively, we will not need as much help from others. By each person taking responsibility for themselves and their actions, everyone will become better strengthened as a whole. **One who follows the way does neither care nor not care for but is the middle path. One who follows the way only offers honesty, compassion, and opportunity.** One who follows the way is not for you or against you. However, as your journey takes a very active role in other lives, you may have **compassion** for each life, yet not necessarily agreeing with their life choices. One who follows the way offers honesty, not truth, just your version of truth at that time, whether good or bad. One who follows the way offers opportunity. Opportunity can be anything that is offered by the spirit, mind, or body, and it is up to the individual to take advantage of it. If not, there is nothing you can do to force it on them. One who follows the way is not to be concerned one way or the other if the opportunity that you have provided is taken advantage of or not. Yet, you still offer it. One who follows the way follows the middle path that is universal life, living a very natural and effective life, and **as a reflection of the way, is at one with the nature of things.**

The Pursuit of Enlightenment

Have more faith than fear and make a difference for having lived.



Believe in what you have lived first hand.

Find the wisdom and courage to see what is right and what is wrong.

Learn to live in harmony with all.





True Path is Transcendental

One who follows the way does not need to boast or brag for this is just giving lip service to the ego of credibility. It is easier to proclaim what you are going to do rather than to do it. Those who need to have power never have it because it is dependent on others believing that they do. The power that we seek in our day-to-day lives is nothing but an illusion, financial gluttony, fame, man made non-participatory religions, and social or political status. These traits are what we are being brainwashed into thinking is successful, and they become what we all think we crave. We live in a man made, over hyped, and over commercialized society built on the philosophy of possessions. These things are not the way, but a weak attempt to master something that cannot be mastered. It is not the way to possess but to exist as part of. It is not the way to own but to be at one with, not to master but reflect. To possess is but a false way of the human condition diverting your sight from the true way and your true potential. You are out of harmony with the greater whole if you are looking for the truth outside yourself. It has never been found in a job, friend, town, or the so-called political or religious leaders who say they know the truth but are lost themselves. You must not hold attachment or possession to these ideals only exist with them as part of the journey and in the pursuit of body, mind, and spiritual balance. True power is transcending the need for power.

To live to posses is an empty path.

The Pursuit of Enlightenment

You are not meant to glide through life, but to grow through life.



The Teacher

The Waiest® Philosophy is not about following others down the path but to walk with others, both as teacher and student, standing on your own two feet. You may find that the way provides many teachers and you may hold certain teachers in very high regard. You may even pledge an unwavering loyalty to your teacher because you have a special relationship with this person. When all is said and done, it is you on your path and no one else. It is you who has to live with the consequences of your decisions in life.

The Guide

The way may lead you to a guide or to being a guide. As a guide of the way, you provide guidance to your community or to those to whom your path has taken an active role. You are nothing more than a guide. You are no more a student or teacher than anyone else. Never force healing or guidance on another, only offer guidance when the path is naturally ready and you are led to that moment when they have asked for your guidance. You cannot help everyone. Their path must lead to you; not you to them. The path must lead you to this way. Being a guide is not something you grant yourself. It is not something to talk about, boast, brag, or self-identify as or even want to be. You just are seamlessly. It is a calling, an aligning with life itself, to walk the path as a guide, to serve.

The Pursuit of Enlightenment

The path must lead to the Waiest, not the Waiest to the path.



All endings are new beginnings.

You must set a goal, achieve it, and then maintain it.

Just believing in is not enough. You must participate in the journey.





To Stand on the Path

One who follows the way does not doubt the path but lives within it in harmony. A Waieist sees each change as a journey and a way to learn more about oneself. The path may be difficult to navigate, but just because it is hard does not make it wrong or not worth the effort. Sometimes you need to fall so that you may stand. If you fall on something soft, you may not see the path in front of you nor stand on your own, moving on ever aimlessly through life. Falling hard may not be pleasant, but may teach you something about yourself, making you change and giving you the strength to stand. What you get may not be what you thought you wanted, but you may find it was exactly what you needed to accomplish your goal. However, you may not see it at the time. You may not understand what is happening to you. You may feel "why me," but in time you'll see that you may not have lost anything but found everything. Difficulty can be a driving force, and you may come to see it as a blessing that has enabled you to stand.

Don't think you can. Know you can.

The Pursuit of Enlightenment

Difficulties may befall all of our lives. It is only a tragedy if we do not make the best of the opportunities offered by life. Difficulties may drive our lives as much as the wonders of life so have faith that your path will always lead you to exactly what is needed for spiritual knowledge, growth in life, and awareness.



The Beaten Path

Arrogance: the thought that you are better or different than other beings when you are nothing more or less than they. No one is different. We all have the same basic core needs to some extent; food, acceptance, control, happiness, shelter and to be loved. It does not matter how you dress or what you look like, how radical you think you are or how conservative you may be, we are all the same. Much like a tree, they may look different, but they all perform the same function. You are no different from any other and you are the beaten path. We have all made similar choices for good or bad. Until you realize this, you may not move beyond yourself to the reality that is you and move beyond the beaten path. If all were taken from you, all that you had and all you ever wanted, what would you have left? Who are you? You are not your job. You are not what you think you own or any other worldly possession or idea. All of these things can be had by others or taken from you. None of this makes the individual. There is only one thing that you have that no one else may possess or experience. This is your individual relationship with universal life and your individual environment. This is who you are and your individuality. It is the individual relationship that is the rock. Within the greater whole, this is the gathering of community.

The Pursuit of Enlightenment

Freedom comes from within the journey. We all have the capability to realize that we are reflections of the way.



Respect the opinions of others.

Be first to seize the opportunity.

Have a plan for your life.





A Moment Within the Journey

It is often easier to see behaviors in other people than it is to see behaviors in oneself. Do not judge your or other's paths for no one knows where the path may lead or its outcome. Even if you may not agree with the path, it does not mean that it is wrong. When you judge or condemn others you can stifle your own spiritual path and breed unnecessary hatred and jealousy in your heart. That being said, remember that everyone, everything, and all experiences are part of the greater whole and can be channeled into the journey to enlightenment.

The Pursuit of Enlightenment

The moment that you judge or condemn is not the journey to enlightenment, but a moment within the journey.



You are the Journey

The only way to take action is by devoting yourself entirely. At the end of the day it is our actions that define who we are, not our beliefs. Believing in something no matter what that something is or how much you believe in it, does not make you that. Going to a service, listening and worshiping does not make you that. Boasting yet never achieving does not make you that. Reading and studying does not make you that for all of this leads to nothing more than second hand knowledge. If you want to know what green tea tastes like, taste it. If you want to see the top of the mountain, climb it. If you want to understand any faith or philosophy, live it. You must not follow the letter of the word but the spirit of the word. You must live the knowledge to understand it and experience it first hand. You may believe you are one thing, yet at the end of the day, your actions may speak differently. You must become the journey. You are the journey. Reflect your beliefs by your actions.

The Pursuit of Enlightenment

Most will read this writing and take no true action.

This is nothing.

Some will read this writing and take action.

This is nothing.

Few will read this writing and become the action.

This is something.



**Do not live to possess. Live in harmony.
Exist as one with universal life.**

**Live without regrets.
Be prepared to face the consequences of your actions and
words.**

**What you may seek, you may find you already have.
The questions you may ask, you may find the answers to be
irrelevant.**





The Journey Within

The mindset you have at any given moment is your greatest asset or liability. If you see nothing but the negative and only allow yourself excuses and rationalizations for the reasons why you do not achieve your goals, then you will never see your path, inspirations, and opportunities that are right in front of you. You will be blinded to them. By not seeing with more than your eyes in a linear existence, you will never know your true potential. To learn your true potential you must allow your spirit, mind, and body to be relaxed and open, not forceful but rather embracing and reflective. By opening yourself to the nature of higher and natural self, you will see the wealth of blessings, inspirations, and opportunities that are already abundant all around you. Work with the force of change and exert more influence on your individual environment by reflecting what your universal environment has to offer you. Your essence is your environment, which is a reflection of all. The essence of all things is within you.

The Pursuit of Enlightenment

Accept what you cannot change, and change what you cannot accept.



The One

We exist in multiple dimensions. The four dimensions we know about that make up the linear realm are height, width, depth and area of time (the time within depth, motion, and the moment). Yet there is more. We do not exist in just the linear. We exist in the natural as well as a higher universal perspective of the spirit, mind, and body. The mind and spirit exist beyond the four dimensions we perceive, not confined to the linear. The mind and spirit lead one beyond oneself to the infinite perception of the universal process. The spirit is the higher insight. Like a raindrop, we are all individual spirits, but as a raindrop falls into the sea it becomes more than the individual. It becomes the one.

The Pursuit of Enlightenment

Universal life moves the spirit, the spirit raises the insight of the mind, and the mind leads the life force energy to influence our lives and others.



**I am personal success and worldly success at all levels for the
betterment of all and to the harm of none.**

**I am healthy and happy at all levels for the betterment of all and
to the harm of none.**

**Simply be the journey for all else exists as aids and for the sake
of knowledge.**





The Natures Within You

In our past, we once lived in harmony and at one with the land. Our ancestors lived on and off the land, and their lives were spiritually intertwined with the natures of universal life. Today, we live our lives at odds with our environment. We have disassociated ourselves from our natural existence. We try to possess and master nature and our universal lives, striving to achieve ownership over it. All of life exists as a part of the greater whole. We do not exist as more than any other part of creation but at one with it. We are not to be self-serving but to serve our individual environment. In our day-to-day linear world we are so consumed with making ends meet that we lose track. It is easy to forget that there is more to life's path than how the world has been presented to us. Life is a force of change. We exist in more than just the linear realm but quite literally we exist in the natural and spiritual realms too. These universal natures must be in balance and in harmony; otherwise the society that we live in will be dramatically out of balance and based almost solely on the linear nature. However, there is hope and it is within you.

The Pursuit of Enlightenment

Become a source of universal life. Become one for the betterment of all. To better oneself is to better the world. The true test is within.



The Universal Natures

Living - Personal Self: The first nature is the one that you are the most familiar with - the **linear nature**. The linear is the worldly nature, the nature that deals with the day-to-day linear life. The conscious mind is reasonable and logical. It is analytical and alert. It is a must have and a very important nature that reminds you to eat, sleep, and live a happy life. It is the time you sense and the four dimensions in which you reside. You live in the linear realm. It is where your physical body resides. You must initiate and obtain your goals here. Unfortunately, the linear realm is what the world is based on, and most of us do not fare very well in it. You do not want to exist in only one aspect of the greater whole, but to be freely intertwined within it, in a natural harmony.

Life - Natural Self: The second nature is your **natural nature**. It is a doorway to knowledge, natural ability, and energy. The natural nature has a greater ability to process energy and information and is not bound to the linear. It is your intuition, which is open to a higher insight available from the greater whole. It is the energy of life and death. It is the planets, people, trees, animals, and elements. It is the healing, living, and transforming energy of all. It is the journey we must all take. By relaxing the spirit, mind, and body you can focus your intuition and access the awareness of your natural mind.

Living within life - Universal Self: The third nature is your **spiritual or higher nature**. It is a level of higher self that has a greater view of the spiritual path and is aware of all things. It is where you are going and where you have been. It's the building blocks for your life and allows you a greater insight. It is the inspiration and the creative spirit that is the greater whole within your heart. The natural mind links you to and acts as an intermediary between the linear and the higher nature. Through quiet reflection you bring the three natures into harmony and alignment. With this, you can move life force energy easier and are able to create positive changes within life by learning to work with the force of change.

The Pursuit of Enlightenment

Your essence is the reflection of all essence.





Perceive those things that cannot be seen.

Never lose your “Beginner’s Spirit”.

Do nothing that is of no use.





Universal Awareness

All things have a spirit - it is universal. We are all spiritual beings having a linear experience. All is as one and cannot be separated. Life and living are different, yet they are the same. All of life is a part of living. Your spiritual life is to be interwoven throughout all life. With an awareness of the individual and the higher spiritual relationships, every day becomes as miraculous as the next as you become aware of your connection with the greater whole and become one with the nature of things. We have wondrous opportunities before us, such as the opportunity to interact with all spiritual energy or to act as an emissary of life and the way. We also have the opportunity to make the best of our journey, to be a reflection of all, and to be creators. We have the opportunity to realize our inner divinity and to manifest enlightenment. We also have the opportunity to squander all that life has offered out of fear and self-doubt for this may also be part of the way.

The Pursuit of Enlightenment

We may replace leaders, throw money at problems, and perform charitable acts. We may even fix the immediate problems, but we are not fixing the overall problems, just the symptoms. To fix the overall problems the change must come from within each of us.



Meditation – The Inner Temple ~ Thoughts take form in action. Action is the result of thought. Meditation (quiet thought) is learning to quiet your mind, detaching, being able to move beyond the beaten path, and becoming one with the moment. Clear your mind and enter an altered state of consciousness, allowing your natures to align and experience your environment in its natural state of spirit, mind, and body. Project your self awareness from the physical to the metaphysical worlds of your mind and spirit, your inner temple. Become one with the nature of things and letting the spirit of the universe flow through you.

1. Create a natural atmosphere of peace and purity, a sacred space with plants, incense, or relaxing music and chants. You may want to make an altar out of special items that exist with you along your spiritual journey.
2. Wear natural, loose fitting clothing.
3. Meditate in the morning or evening so not to be interrupted and when the atmosphere is charged with special spiritual forces.
4. Face east in the morning with the rising sun. Face south or north in the evening taking advantage of the favorable magnetic vibrations. You may also face your altar. It is your decision. Do what is comfortable for you.
5. Sit, stand, lie down (try not to fall asleep) or sit in a flat backed chair. Naturally and comfortably, experience your environment.
6. It is very important to pay attention to your posture. Do not slouch or hunch.
7. **THE BREATH OF LIFE** - Breathe a little slower than normal through your nose with a relaxed chest. Your abdomen will expand out when you inhale and relax back to normal when you exhale. Visualize that you are breathing in from between your legs. Allow your breathing to develop naturally. Do nothing that is uncomfortable to you. Clear your mind. Allow inner silence. Focus your mind just on your breathing. Relax your spirit, mind, and body while entering into a natural state.
8. Imagine that you are a tree and your roots are growing strong into the ground connecting you to the earth.
9. Imagine a "white light" holding you up from the base of your neck to the heavens, connecting you to the universe.
10. Take time out of each day for inward study and quiet reflection to nurture and reclaim yourself in order to obtain a higher insight of awareness and inner peace. To hold this insight and evolved awareness may be difficult for we are surrounded by a culture that operates in the old skepticism of the temporary realm. You may find that you are even drawn back into this temporary point of view and unclear perceptions. It is important to take the time within life to focus on the path realizing your inner divinity and cultivating your innate enlightenment. Stopping to reclaim yourself several times a day will help you in focusing your life force energy and maintaining higher insight in order to obtain inner peace. **"The Way" is in training.**

The Pursuit of Enlightenment
Quietly become aware of the path and at one with it.





Do not impose your life on others.

All that you can control are your own actions.

**We are all born with innate natural abilities and must cultivate the
rest to grow in life.**





The Way of the Middle Path Waiest® Shamanic Journey

The journey is a spiritual body connecting to the universe, seeing beyond individual perception, seeing beyond the world as it has been presented to you in order to receive knowledge intuitively beyond your life experiences.

1. **Arriving** (*living*) – Relax. Sit comfortably with your legs crossed, stand, or lay down. Take a deep breath, exhale and relax. Become comfortable in the here and now moment. Allow your body to be in its own way: relaxed with no tension, a natural state, aware, and just being. Be aware of your breathing, letting it become more natural. Natural flow, natural body, natural breathing and energy, natural mind at peace like a calm lake settling. This is your sanctuary in time and space. Leave the temporary behind and become present in this moment in time. Relax as the tension drains away, reclaiming yourself in a natural state. Once achieved, you may rest in this state for a few moments.
2. **Intensifying** (*life*) – Open and heighten awareness. Be alert to the present. Allow yourself to sense your individual environment directly. Now bring your mind toward your breath. Be aware of the inhale and extend the exhale a little longer. Focus like a beam of pure light. Become the light of clarity, aware and focused. Open the intuition, the third eye, to a new way of true and clear seeing and hearing with your essence. If the mind begins to wander, as it will, just come back to your breathing. Breathing is the anchor that centers your focus, making your attention ever more present and aware. Once achieved you may rest in this state for a few moments.
3. **Releasing** (*living within life*) – Release all now, even the focus on your breathing. Let go totally, and open your mind to the wisdom of pure being. Let go of all impermanent phenomena, allowing them to dissolve in your mind/body, like waves in the sea. Let go and become the clouds in the sky-like nature of your mind; natural, nonjudgmental and noninterference, all is as it should be, one moment at a time, and just being. Enjoy the simplicity. Release all, and allow yourself to be open to the wisdom of the infinite being and at one with the universal process.

The Pursuit of Enlightenment

***Stay within the moment and the answers will come.
Meditate to listen to the universe speaking to you.***



Universal Life Meditation

Clear your mind, focus on your breathing, and relax your spirit, mind, and body. Now let your spirit move your mind. Lead your mind to your feet, sensing them and the way that they feel. Sense the Earth under your feet. Where does it end and your feet begin? There is no sense of that but just a sense of connection. Now visualize that you are breathing from the bottom of your feet, leading life force energy up from the Earth as you breathe in. Picture the life force energy coming up into your body. As you breathe out, picture it running down your arms and out your fingers. Establish a relaxing, healing flow. Now sense the whole of your being, all of your body. Where does it end and the universe begin? There is no sense of that, just a connection. Now let your spirit move your mind beyond what you see as you. Visualize your life force energy fill the room, and then fill the town, state, country, planet, galaxy, and universe. Let your spirit move and sense the motion of a tree, the movement of a cloud, the living Earth. Be at one with universal life. It is nothing more or less than sensing yourself for we are all as one connected within essence. (This may be done in a sitting or standing position. If sitting, visualize that you are breathing in from between your legs.)

Inner Temple Meditation

Sit with your legs crossed, stand, or even lay down. Center and calm your mind, breath, and body. Clear all thoughts from your mind. Visualize a straight beam of pure white light from the top of your head through your body through your tailbone and into the ground. As you inhale and exhale, breathe into the light expanding it outward in all directions and around your physical body. Now inhale and hold your breath for a count of three and exhale. Now inhale and hold for a count of six and exhale. Inhale and hold for a count of nine and exhale. With each breath discharge unwanted energy, cleansing your spirit, mind, and body. Now claim this universal space as your own. You are becoming aware of your oneness with the universe. Relax and breathe. Allow yourself to be centered and balanced in all things.

The Pursuit of Enlightenment

The spirit and the mind lead all that you experience of the universe. They are intertwined with the sense of your universal natures. The linear, natural, and spiritual natures are the natures of you and the universe. All natures have a sense of each other.



Hold strong convictions.

Distinguish between gain and loss in worldly matters.

**Blessed be those things of nature borrowed for our use.
May they enhance our spirit, mind, and body.**





The Less You Have The More You Gain

Those who follow the way of the middle path avoid extremes, not seeking endless pleasures or self-torment. To seek pleasure and have needs is natural. To totally renounce them would not be of your true nature. Yet you need not act on every thought either for this would not be the middle path. If you are at one with the nature of things and live an effective lifestyle by living moment by moment in "the way" then you may not worry about the future, live in the past, or cling to the present. Your needs will be met through effective living. Most people in the world today move against the natural flow only concerned with the life that they are living not the life that is living it. They do not live an effective lifestyle, and therefore, suffer in life. Most of us neglect our spiritual needs and only meet the minimal daily needs of our bodies and minds, existing as only a part of life not being aware of our individual roles in life. Most people are living for nothing more than to survive. It is how we've been trained to think. Our lives are to be much more than just survival. We are emissaries of universal life and need to be in balance with its cycles and rhythms. Make the best of your journey. Live your life to the fullest, allowing your life to be a testimony of your faith. The body is a universal portal through which the spirit of life expresses itself. The life that you live is your experience and is meant for you. The life energy that lives it is a part of all. To accept the teachings of life's journey is to live an effective lifestyle and to become one with the natural flow of the universal process. Needless suffering comes from moving against this natural flow and not learning from the lessons of life but becoming victims of ourselves.

The Pursuit of Enlightenment

A tree is a tree. It does not try to be more or less than itself. The tree exists in the present. It shows it's past with it's growth and prepares for the future by strengthening it's roots. It is what it is, nothing more, nothing less and it does not try to be. To be at peace with oneself... be the tree.



YOU NEED NOT PERCEIVE JOY OR SUFFERING – JUST LIFE AS ONE OF THE UNIVERSE'S NATURE OF THINGS

One's Journey - The journey of a Waiest is a mental, spiritual, and physical journey. All is a part of that journey. Good or bad is as it is perceived. It is neither more or less, but a passing moment in time that is a universe unto itself. In living in the way, you will see the moment and understand the construct of life. You will live effectively moment-by-moment.

Natural Flow - Flowing with the natural flow of the universe does not mean just take what may come but to flow with what may come. New ideas, change, creativity, and trying new things are the natural course of the universe. You are part of the universe and you are also a natural part of that flow. Flowing with the universe facilitates growth and strengthens your spiritual journey.

One Who Follows The Way – One who follows the way of the middle path does not need others to believe in their beliefs. A Waiest does not have a need for fame and worldly wealth. Yet, we are meant to be successful, healthy, and flourish as part of the greater whole/source creation. A Waiest trusts in the source to provide opportunity. A Waiest's part in that exchange is to work to be aware enough to see the opportunities provided, and, in working with the force of change, grow in life.

One of the Universe's Nature of Things - One who follows the way does not see the populous as more or less than anything else, such as trees, rocks, water, or animals. Like nature itself, the Waiest is not for or against, care for or not care for, but sees all as a greater part of the whole and deals with each life energy accordingly following the middle way. Like life, the Waiest offers opportunity. It is up to each person if he/she takes the opportunity to grow, succeed, and flourish.

The Unity of Universal Life – No matter how rich or poor you are, if you are unaware and do not cultivate your unity with universal life then you are living only to survive. Universal life is that of all things and you are always a part of it, even in death. Life force energy is universal life's focal point within. It is your essence and is a direct reflection of universal life. Cultivating life force energy with daily rituals enhances the awareness of your unity with universal life. We are made in the image of creation with the capability for not just surviving as a part of the way, but in unity with universal life as a reflection of the way.

The Pursuit of Enlightenment

You are not just part of the way but a reflection of the way, existing to realize your inner divinity and innate enlightenment. The universe unfolds as it may.





Great success may require great sacrifices.

Become a servant when there is a need to serve.

Become a ship when there is a need for crossing.





Om ॐ (Aum) is a revered syllable, consisting in Sanskrit of the three sounds (a), (u), and (m), representing various fundamental traits and believed to be the spoken essence of the universe. The three constituent parts of the syllables- A - U - M- symbolize past, present, and future, as well as waking, dreaming, and deep sleep. **Om** is a signifier of one who is understanding, tolerant, and accepting of all creation. It is a natural sound endowed with releasing, opening, and healing.





The Waiest Koan - "The way is like an apple tree that grows an apple. You can eat the apple or not, it is up to you. Yet the tree still grows the apple. That is the way." There are three statements being made within the Waiest Koan. The statements take place in the linear, natural, and the universal perspective of self. They are specific statements. To realize them is to achieve a stage of enlightenment. The answer to all koans lie within **Way of the Middle Path©**.



The
**Bearded
Hippie
Wizard's**
Tai Chi / Qigong
Home Study Program

