Hello Gaïa,

I would like to apologise for my personal behaviour, and I would like to express my gratitude for all the benefits that I have received from others and from the world, in the past, in the present and in the future.

I have realised that whenever I get pulled or pushed, it is because I am attached. I am attached to something inside or to something outside that is bonded to something inside.

Attached to something I don't know, to something I am not conscious of yet, to something I cannot let go, if I don't recognise it for what it is, and consciously choose to release it in a peaceful and non judgemental way, which means with loving kindness or without any greed, with compassion or without any aversion, with wisdom or without ignorance, and with equanimity or without any duality.

I have understood that whenever I act or react, think or respond to the tension of this kind of situations, then I expose myself, and may impose to others and to the world the consequences of my own attachments.

I agree that whatever happens does happen because of the correct causes and conditions. As a living being on Earth, I have to accept whatever happens in the present, as a direct result of whatever happened in the past.

According to this natural law of causes and effects, I can only accept whatever is now. I am just here in the middle of this unique moment. It is my duty to accept it, but it is also my duty to be and to choose how to be.

I can therefore accept what is, but I can also reflect on what is happening, I can act or not, I can take the chance to change things or not, I can decide to improve my relationship with the world and try to choose wisely my actions or my non actions.

In doing so, that is in applying correctly the methods of buddhist meditations of mindfulness and concentration, as well as the practices of loving kindness and compassion in a daily life basis, I become more able to help myself, as well as to contribute to the well being of others in our world. This is the middle way to become more free and more independent, to become fundamentally happier, and truly wise. This is the way to have a practical positive and meaningful life.

This is true for me as it is true for anybody. We are sharing life on Earth and therefore sharing responsibilities too.

Now, I understand that, whatever beliefs I hold for the truth, whatever decision I take, or whatever actions I undertake, it is always my/our personal attitude, my/our individual choice and my/our own responsibility. I am not only me, I am here also to be, and I am also we.
With freedom comes responsibility.
With consciousness comes wisdom.
Happiness comes with compassion.
Joy comes with loving kindness.
With patience comes equanimity.

If and when we cultivate the good ethical qualities of conscious living beings, then we prepare the ground for the good seeds of compassion. And if we take good care of these qualities in each present moments, then we are growing in the direction of the good wisdom trees, then we may become good fruit trees and help others to grow by sharing the fruits of our own experience. What we have received, we have done, and what we have done, we have given.

The first difficulty of all this, is for oneself to keep good morality and pure intention, and to keep good faith and correct practice.

It is essential to keep good morality and pure intention because ethics is the base of everything else. Ethics has always to be the primarily practice, and has always to be practised thoroughly and completely. Ethics should never be stopped nor biased, under any circumstances, except very rare, very exceptional and very uncommon situations.

To practice good morality, it is more important to have concerns for the consequences of what we do, rather than becoming an expert in philosophical and theological studies. Morality is a practical exercising, depending on each element of a particular situation. What I do is good if I truly believe it will have good consequences for me and for others, but even more important, it is good if it is not bad for myself nor for anyone else, as far as one understanding and knowledge is capable of.

By being aware of the possible consequences of our actions, and by understanding truly why this or that is wrong or bad, we can each of us improve our morality and positive behaviour towards ourselves, others living beings and the world.

It is also very important to keep the continuity of the practice, because there is continuity of states of mind, and because it is within the regularity of the practice, with time and effort, with patience and perseverance, that one becomes more able and grow.

The other difficulty is that we have to accept the present as it is, and at the same time we have to be and act in this same present. We can start by separating acceptance and being, that is practising separately correct awareness and correct action, but the real practice is when we do both at the same time, when we fully live the present, when we accept the present as it is, and at the same time, when we do decide to act or not, knowing for what reasons and for what purposes. That is when consciousness and skilful means are mastered at the same time and in the same process.

Another difficulty is that by merging awareness and acting, in the same present, then we change the reality that is being aware of, and maybe we change the correct action or none action that has to be done. Present time is going on, and within continuity of present time, everything is always impermanent and interdependent.

Finally, the even more difficulty is that we have to do this fully living, not in foolish living way, not within a restrictive and selfish ego centric view, but in a wise and compassionate way, encompassing all other living beings. That is why any actions and maybe any awareness should be undertaken with a comprehensive understanding of all consequences in order to evaluate if it is compatible with the primary goals of goodness, peace and harmony.
Impermanence and interdependence are already very complex for one person, but the true reality is that impermanence and interdependence involve all living being sharing the same environment, and further more all matter and all consciousness of the world or even of the entire universe.

So it doesn’t mean we cannot do anything, obviously there are many things to do in our lives and in the present world, but we can engage our life with the concerns of the consequences of our own actions for ourselves and for others, but also for the environment we are living in and that is hosting us, and in which we have been evolving for hundreds of thousands years, environment in which we as humans are perfectly adapted to, if it remains the way it is or the way it was just one hundred year ago.

We can try to do the best we can, we can commit not to hurt any other known living beings, directly or indirectly, we can organise our lives according to the living habitats of each species on Earth that has the same right just like us to live happily here and now, we can respect the natural cycles of nature and the natural speed of life, we can stop competing against each others and we can stop thinking that the only way to survive is to take and abuse, to enslave or kill other living beings, we can understand that what we accept to do to other species we indirectly accept the same process to be done to us, we can try to bring more awareness more care around us, we can live with more understanding and more love for oneself, for others and for the world, we can live with more wisdom, more compassion and more loving kindness for ourself, for others and for the world, we can learn and study the world in order to be more respectful and mindful, we can try to be more human, more sapiens sapiens, we can develop what makes us unique in this world: our consciousness, our intelligence, our knowledge and our humanities...

This is a progress we all have to do all together. We are all different with different pasts, different situations, different aspirations, different capacities, but within our own space and our own time, with our own energy and our own understanding, at our own pace and from our own place, we can all together walking the talk, going into the same direction, helping each other, heading the path of humanity.

May we all be happy
May we all be free
May we all be healthy
May we all be at ease
May we all be in peace

Patrick Hautrive
http://hautrive.wordpress.com
July 2016 Gaïa & Normandy

Gaïa House
West Ogwell
Newton Abbot
Devon
TQ 126 EW

gaiahouse.co.uk
info@gaiahouse.co.uk
+44 (0) 16 26 33 36 13