

On right view:

Spirituality is not about religion,... You can be religious and a very cruel person, you can be religious and a very selfish person, you can be religious and only speak things that are confusing people.... On the other hand you can have become a gangster due to life's confusing twists and pushes (/life's confusing forces), but you tell your gangster friends, not to take more than they need , you tell your gangster friends an alternative to killing, or even when killing, to choose the non-cruel way....that is spirit right there, working through you, that is genuine spirituality in action.

...gaining of right perspective: in ancient time the earth was the center of the universe, the universe circled around the earth....and man was the central and most important part of earth....later they found earth to be just a dust-corn circling around one of millions of suns, with man being more or less an accident of nature, only slightly distinct from other animals

---....formerly there appeared to be a deeper sense of things,...an order of the universe, from which man could find out about the order to be followed for his own life

(for a yogi a mythology/cosmology which reflects, that his mind (and actions) matters is very important....that is, the sun should be only the center of his world-system, if he can become the sun (or alike))

...truth without a reference towards himself is rather useless for a yogi...life is a incomprehensible mystery ...a yogis main reference should be suffering and the way out of suffering

...religion has existed and directed the life of mankind seemingly since the dawn of the species

...one of the primary purposes of religion is to provide us with a creation myth...it explains the observable phenomena of the world in which we find ourselves,... by explaining how the world came to be,...how and why it is maintained as it is and by predicting, what its ultimate end will be

...in the course of his mythical or religious description of the world, human kinds place is defined in a moral framework.. that is constructed,...it gives a rational, for moderating our basic behaviours in the light of our relationship to the whole of creation...

Nowadays the scientific method has proven so successful in explaining the observable phenomena of the universe, that it is indeed the provider of our current creation myth"

(From science& vipassana...Rick Crutcher)

religion is meant to bind man (to his own source)

...in order to understand a thing, you must see its connection with some bigger subject or bigger whole, and the possible consequences of this connection

...understanding is always the understanding of a smaller problem in relation to a bigger problem

....people learn to understand by understanding the system and everything else in relation to the system

...keys to the understanding (of scriptures) may come from certain literature, but mostly keys can be got only with change of being...change of being means connection with higher centers (higher states of consciousness)...higher centers(states/stages) can understand many things,which ordinary centers can not understand

(The consciousness which studies the scriptures has to be transformed first)

...when we listen to holy people or read great books, it is not so much for the sake of information, but rather to understand how a wise person looks at things (...to gain the method)

...there are limits to what we can carry in our stream of thoughts...we should choose wisely what thinks should continue in our lifes

...a wise person can wait until the stars are on his side/ fate is on his side,...he throws his deepest desire into the depth of his well (fountain) where nobody can find

it,...looking into the sky, he is watching out for a favourable constellation....when the gods are on his side...he may salvage his treasure and offer it to them

....solving problems... many people's situation is perhaps.. if I have energy, I read, if I have no energy I cry...if we have recurring problems,...we perhaps should pay attention to that,...if I have no energy, I try to remember or register ,....and if I have energy, I should try to solve that, by asking the right questions... the right answers will appear

...once you know what you want, there is all possibility of finding out how to achieve it... there is all possibility of finding out about the how

...more important than reading and remembering many scriptures, is to learn, understand and remember what is important at a time (in ones' present circumstances)....f.ex. when eating what of the food available is good for me and when eating what, do I get problems ... when hungry,...all phenomena are impermanent,when talking to a teacher, to behave so and so,....when strong defilements arise in ones' mind, to do such and such a thing,...when the weather is hot to act in what manner, when cold in what other manner...when what physical problem arises, what medicine to take...when what problem arises in meditation, how to overcome it,..when what good thing arises, how to make use of it...

...at what times and in what circumstances, is the mind open, in what circumstances is it contracted...

...what means such and such sensation (feeling one kind of sensation means, my body is weak, feeling another sensation, means my body is strong)

...and these types of informations, usually we gain through living life ...with discernment

"Ones' own dhamma, is superior to the dhamma of scriptures"

From the bhagavadgita

...something one has rightly realized is endlessly more valuable than what one has heard or read

...in the beginning we might be too tired and confused to figure out what to do with our life, how to meditate, what is the meaning and usefulness of the breath-meditation, etc., so we have to rely on the externals, like teachers, schedules, ect....doing what everyone does,...but only to recover from our own perplexity, ...then slowly we should enquire and use our discernment (to understand the religious life)

...religions start, with somebody studying suffering, studying the meaning of life ect.,...but once the religion is established, people cease to study life and only study texts , and instead of transcending ordinary man and his boundaries , they become more narrow and bound into more narrow boundaries

...much wisdom comes from life stories of people who succeeded in life (the Buddha and others)...in ancient times much mystical knowledge (knowledge about life and mind...psychological knowledge) was wrapped up in the myths (stories) of heroes and sages... even modern novels, if intelligent, may contain more understanding about the mind, than many books on psychology

...many times in life, there is a fork in ones road...(determination) where we can choose one of two paths...the path of anger, the path of forgiveness, the path of the dhamma, or the path of desire

....first you must make yourself, then only shall you try to find out who you are...first you develop your virtue uncompromisingly, then you can find out about the virtuous one you have become,...and truly, then only shall you ask what you need...and only what you need to become more noble

Whenever we attain clarity of mind we will know, what will be the next things to do, we will know what will be the right thing to do