

Accidental Wisdom to unlocking the Tao”

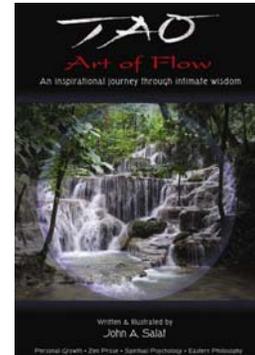
Presented by John A. Salat Book Author “*Tao, Art of Flow*”

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<http://www.youtube.com/watch?v=0UxJ-yMLK8Q>

From 3:30 to 4:20 pm on Saturday, June 2nd, 2012

English Tao “ETC” 11139 E. Lower Azusa Rd., El Monte, CA 91731

Appetizers following last presentation



Following Knowing without Reason:

Is wisdom really following fresh creativity and not facts? We may see boredom follow us, yet when serendipity kicks-in, suddenly magic appears. What we notice when tapping the source from the unplanned of beyond reason, we become the agents of flow. In this freedom to mindfulness, justification no longer has root. Instead, life richly pours new dimensions of intimate experiences. During the class discussion, watch random wisdom take us joyfully into a journey of new responsiveness. This ownership to "Accidental Wisdom" succeeds through infinite compassion and boundless wisdom; Mastering the keys of Tao.

John Salat is a Certified Transformational Leader with over 30 year's experience of Chi Work. He teaches Reiki, Tai Chi, Qigong, Meditation, Energy Movement and other communication skills borrowed from Tao. He has placed his work into mainstream medical clinics and celebrity clients also participated in his unique workshops. During his own travels to China, John visited a dozen sacred temples including where Tao and Confucianism originated. John also studied with great living masters of Taoist principles. His work has been successfully published nationwide through various media artist. John's meditative medium(s) on the influence of Chi have appeared in numerous magazines, radio programs and television interviews.

Synopsis (Below as next page)

Excerpts from the Book “Tao, Art of Flow”

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- ▣ Is wisdom really following fresh creativity and not facts? We may see boredom follow us, yet when serendipity kicks-in, suddenly magic appears. What we notice when tapping the source from the unplanned of beyond reason, we become the agents of flow. In this freedom, justification no longer has root. Instead, life richly pours new dimensions of intimate experiences... *Lets explore what this is.*
- ▣ “Accidental” usually defines to “unexpectedly or unintentionally.” However, in this discussion, “accident” refers to sustaining rest from ego. This minds-off approach offers life a chance for things to happen outside to what we typically know.
- ▣ With accidents, we either share our good fortunes, or hesitate revealing our misfortunes. This is because our ego has a latent response of not quite matching-up incidents and instead justifies with “What just happen?” or “Why did it happen?”
- ▣ Rather holding accidents as haphazard of lost control, let’s adapt these moments as excitement of embracing spontaneity. Supposed if we could align our life events as “perfect incidents of revered moments”, then we may live the experience of Tao. Admiration endures “what’s so” and differentiating “what’s not” in honoring “what is.” Or, have you ever argue saying, “This shouldn’t be!”
- ▣ Having breakthroughs occurs outside familiarity and into new realms of unfamiliarity. This is where real-time wisdom is aroused, creating those “Aha” moments. The awakening to this knowledge starts from in moments noticing when I “I don’t know that I don’t know” as a breaking ground to fresh wisdom.
- ▣ Not only do these keys of unknowing humbly provokes power to birth knowledge, it empties our mind to land deeper in the heart. Essentially, the

- birth of knowledge has no reason. In fact, when we give up reasons to live our life, life shows us how to live.
- ▣ These mindless states of emptying ourselves sustains “Mindlessness” or, “Non-mind.” This consciousness engages boundless wisdom to our surfing moments. . . . celebrating “being-ness.”
 - ▣ Although having the absence of words and meaning offers no measurement, it does suspend thoughts temporary without holding conclusion, yet reserves fresh reference. Therefore, hollow and pointlessness will source true knowledge.
 - ▣ Both “Knowing” and “not knowing” usually draws criticisms and sometimes consequences carried by most cultures; Walking this tight rope causes high expectation and poor performance. Yet, how do we arrive to a innocent place of knowledge that touches the Tao Wisdom? Let’s go deeper to review the myths that destroy our intrinsic knowing.
 - ▣ First, we are already connected to this wisdom, yet somehow in our course of life we conveniently found a turn-off switch to separate the “Whole Perfect and Complete” states of being. Surprisingly, we are both consciously and unconsciously creating a stream of abundant wisdom. Notice “Unconsciously” is included as a “slip” word so the ego will not over-strain seeking right answers.
 - ▣ The conscious-self is already aware of itself as all we need is to release all the duality about it looking right or wrong and instead own relaxed responsiveness. If we do not step back, then we will be standing, waiting while pretending we don’t know.
 - ▣ If the balance of “knowing” and “not knowing” is the relaxed wisdom then we can be with “knowing” and “not knowing” of awareness, both the same time. Although some people hate to be wrong or like to be right, others may have no attachment to either. Yet rising from the empty and meaningless states brings genuine wisdom, as we give way to either side from attachment.
 - ▣ In uncovering these virtues, let’s view some examples of how wisdom can be embraced. The components of Yin and Yang is relaxing with “What I know”

- (Yang) and “What I don’t know” (Yin). This sense of insight expresses simple essence of knowledge just as the air we breathe. That means balancing of “knowing” and “not knowing” complements a sense of self through relaxed wisdom.
- ▣ Without attachment to these opposite poles of awareness, let’s reset this awareness into empty meaningless states. We can merge fresh consciousness constructively by hypnotizing ourselves just for a moment to create new control.
 - ▣ An example; Lets start from nature : If a dragonfly passes by, it may feel as if consciousness had momentarily blinked from the buzzing sounds that surround you. Briefly in those moments, one’s awareness becomes offset with both grounded and ungrounded moments as the fluctuating wings of the insect “bounces-in to out “ from two worlds simultaneously.
 - ▣ The metaphor of dragonfly’s sounds replicates this wisdom as fluctuating awareness, bridging “knowing with not knowing.” Accidental wisdom yields to these fluctuations into authentic living through these dimensions. The twin states of this awareness is like sticking one foot in water and one foot out of the water. This illusive state gives the ego a rest without a chance to interact or take guard. This means we could embrace both levels of consciousness as vital connections for wisdom, bringing no attachment to thoughts or actions through our daily living.
 - ▣ This freedom of organic knowing releases the ego. Ideally, we like to think the dissolved ego eventually comes quietly to rest, however the ego is unlikely to ever disappear, so cultivation is still necessary.
 - ▣ Cultivation intimately works from “uncharted knowledge.” Westerners call this in practice “blind faith” while Easterners dwell in “trusting the darkly nowhere.”
 - ▣ From either definition, this wisdom organically flows innocently through reaching these natural states. This knowing further expresses by the term “Wu Ji”; meaning “Supreme Unknown.” A peak to touching the “Summit to Great Nothingness” of limitless knowing.

Tea Break: Calling Closer to Awareness: On an organic level, pay attention when your energy of aliveness is either boosted or deflated. To fine-tune your presence, can you find a sweet spot to choice-making? Don't write it down, just feel it through your day and make a light note to yourself while having these moments. Allow experiences to navigate your ways that keeps yourself fresh with this awareness. By simply choosing the most passionate action, this new attention will authentically draw you to a powerful day. By giving up our formal rights "to know" opens reverence to new moments of free flow knowledge.

- ▣ Through mindfulness, keeping the "in-check" and "in-flow" of our awareness creates opportune moments. Without reason or understanding, we can be unattached to concerns so freeing moments may elusively rise on its own. Soft curiosity can further take us there, like open sails gently being pulled by winds. This fresh air of knowledge is like the wind, arriving nowhere, yet is everywhere.

Open Pause (Further Inquiry) Can you master "knowing-ness" with "not knowing" as a bridge of surfacing powerful moments? As conflicting this might sound, what would your life be like if you were comfortable standing in uncertainty? What are the considerations, risk or awe? Do you see as you suspend inside uncertainly that a bridge to real faith draws alchemy to super consciousness? In the continual process of letting go of our familiar controls, a new control takes charge beyond comprehension. This knowing relaxes beyond all restrictions of thoughts or actions.

- ▣ Is it easy to see different results when we relax and unlock the ego because a new transparency appears. But first, how do we know the egos engaged? *Serious emotions start setting-in..... weighted thoughts start taking over ...finding ourselves re-hatching the past/future*

- ▣ Exploring “soft knowledge” is allowing a forgiving system to enter through the streams of our awareness and feed us wisdom. This Ebb and Flow of our awareness favorably breakthroughs when we just allow fun to be.
- ▣ If we abandon our punctual concerns and instead play resistance with consciousness, then witnessing this interaction dissolves ego. Separating from the mundane, adding ingredients of mischief will further help disrupt the status-quo. Offer a playful twist of this medicine furthers interrogate the ego into “selfless acts.” The good news is these moments leaves nothing with us except rich and whole experiences.

If everything else fails in attempts to releasing the ego, let's offer a fun mantra to verbalize syllable sounds. Try saying several times, happily-rapidly: “Budd-ha,” “Budd-ha,” “Budd-ha,” “Budd-ha,” “Budd-ha,” to lighten the air around you. This time with more fun, again, “Budd-ha,” “Budd-ha,” “Budd-ha,” “Budd-ha,” “Budd-ha.”

- ▣ This mantra of baby bubbling sounds assures that all is well as the empty and meaningless states offer genuine moments to just all let go. The dynamics to wisdom is reinvention... celebrating everything as change simply for joy of constant creativity. At these levels, streamed visions fall into natural states. The states of Tao distinctively become an elusive eternal discovery.
- ▣ Where science and religion end, experience and exploration are ongoing through the Tao. Like wind, knowledge moves effortlessly without feeding on emotions or sensationalism to keep itself alive. Without hooks, preaching or emotional hype, life dynamically gains most attention from those willing to see the subtle works of Tao. If we are not experiencing and expressing beings then we are hijacked by thoughts from something else that doesn't belong to us.
- ▣ Beyond familiarity, we can genuinely live through our fresh roles including the things that don't fit in from our natural ways...freely wandering to explore natural laws. This exploration of wisdom involves pausing from both mind and actions for a moment known as, “Wu-Wei.” These states of non-action and non-doing involves re-syncing ourselves to move forward, both effortlessly and

responsibly. From here, authenticity further fine tunes the timing of our affairs just as the natural metronome from our own heart beat.

- ▣ True wisdom does not seek permission from anything as we simply go astray, like free radical agents. Through in both darkness and brightness, innocence will take us through a new intelligent control.
- ▣ Remember the soul only yearns for play, love, and magic, and nothing else. Regardless of the awe and amusement, we still cling to none of it.
- ▣ Awareness goes beyond coincidence because consciousness sees all life fall perfectly in place. Even with hidden incongruity colliding inside hidden predicaments, we can still honor the simple surfing moments.
- ▣ Our over-inquisitive nature of trying to be over-human is often trapped to overdoing it, or over-thinking it in hopes to try to get it all right. Eventually from delight, we end up laughing through all the total absurdity. As irreverent or reverent with trying to make sense to living life fittingly, it is really just a bag of twisted, spiritual, meaningless opportunities. Even all the steroids of spiritual illuminated principles joined by transformational distinctions somehow never lands if we are still being attached to all the meaning that's said.
- ▣ Besides, we really do not have time to ask too many silly questions about life. We may have numerous inquiries of exhaustive intellectual conversations whether the chick or the egg arrived first or, we can eventually say really that it all comes from nothing. The universe has no origin, start or end, yet the circumference of consciousness forms everywhere.
- ▣ Consciousness parallels to the immortal soul as everlasting states. We are part of this universe and at times feel timelessness in having these imperishable experiences.

Sourcing Wisdom: Consider the heart a direct route to sustain our own nature. Notice if you land into the ease of heart or do you work the longest route from your mind during your active day? If you are asking what this question means, then it is the mind at work, and if not, then you are likely

having serendipity of heartfelt magic. Keep noticing by simply navigating through your experience and observe if you are at freedom or not?

- ▣ Consciousness parallels to the immortal soul as everlasting states. We are part of this universe and at times feel timelessness in having these imperishable experiences.
- ▣ In the path of Tao, welcome new realms beyond ever seen or knew. From the formless, we invite all consciousness into a pool of flowing naturalness. In these natural states, not only does wisdom flows intrinsically abundant, we also get to grant the awe of “being.” Life is purely untouched just the way it always needs to be, as we have finally arrived, embraced by all its excellence, the Tao.

More info available through the book “*Tao, Art of Flow,*” or to order through Amazon, Kindle and at stores, see <http://TaoArtofflow.com>

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