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How to use the Andreia Code

The Andreia Code is a **customizable** philosophical code based on the creed, Fulfillment Through Attainment(FTA) on The Path of Paths(TPP). It is a philosophy for fulfillment inspired by the legendary samurai Miyamoto Musashi, the master of many paths.

Fulfillment Through Attainment on The Path of Paths(FTA-TPP).

You are **encouraged** to export and use the Andreia Code for personal use. There is a native export function, or you may copy/past content out of the code. Light formatting may be required.

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Your code is always with you in Body, Mind, and Spirit(BMS).We recommend **exporting The Code** and adding it to a **note-taking application** that can be accessed on your phone, computer, and other devices;

So you **always** have a reference to your code with you.

We highly recommend [Upnote](#), as well as [Joplin](#) to carry your code.

Having a code is having a secure identity that directs your life and what comes after.

It is required for all wanderers to customize their code to fit the needs of their pursuits of mastery. Delete what you do not need and add what you do:

- Example information can be deleted when you no longer need it.
- Guidelines can be deleted if they do not serve you.
- Tenets can be cut if they do not align with the 3 that make the 1.
- This note, like all other notes in the code, can be deleted.

The Andreia Philosophy recognizes three domains of mankind: Body, Mind, and Spirit(BMS). The three that make the one—**3:1**.

A path to mastery must be pursued in each domain. We recommend two paths to mastery in each domain.

Designate your masteries and understand that they will change, like how Musashi pursued mastery over martial arts and later in his life philosophy, martial arts instruction, calligraphy, metallurgy, and more.

There are four primary sections of the Andreia Code:

- Body
- Mind

- Spirit
- Campaigns

The three domains of mankind(BMS) and the campaigns section, which is not a domain but a framework for pursuing mastery in all domains.

You are encouraged to download and utilize all four sections of the code.

Our publication: [The Andreia Philosophy](#)

How to Support The Andreia Philosophy

If you would like to support this work so we can produce more content for the code, as well as the publication, below are some methods. We are grateful for your consideration. This is optional.

Spreading the word by telling a friend, family member, or stranger about the philosophy costs nothing and is greatly appreciated. Please consider **sharing the code**, an article from the publication, or a bit about your philosophy with someone else.

Donations

Bitcoin donation: 3AzvLKcAtA3Ec9DNSZG3KULKabRmmeimFX

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Even if you do not convert your trial into a paid plan, we receive a small commission from Amazon.

The [reading list note](#) in the mind domain section has books that, when purchased, give us a small commission from Amazon.

Komuso Design

The [Komuso shift](#) is a breathing necklace inspired by the Komusō monks from the Edo period of Japan. The monks were known for using a bamboo flute not for music, but for their Zen meditation.

The shift necklace is for your exhale. It slows the exhale down, mimicking the meditation style of the Komusō monks. It is an effective tool for entering the Mushin(無心) mind state.

We highly recommend the Komuso shift. It is effective for meditation and breathwork, built to last forever, and an aesthetic compliment to any style.

[Take 15% OFF your Komuso shift](#)

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