

Inherent Masteries

Inherent masteries are universal paths to mastery that all wanderers benefit from pursuing, regardless of the paths to mastery they walk.

Inherent masteries can be common human experiences, like being a friend, being a parent, or implementing good hygiene. This is why it is crucial for the wanderer to develop a mentality of mastery for all things.

This mentality develops naturally with the loyal pursuit of mastery on the path.

Below are some inherent masteries. Add more for yourself.

Inherent Masteries - Body

Breath control

All wanderers must pursue mastery over their wind.

Posture

All wanderers must pursue mastery over posture and presentation.

Hygiene

In all hygiene rituals, seek to improve. Brush your teeth better. Comb your hair better. Poor hygiene does not aid the wanderer in any capacity.

Body anchoring

Stillness. Only move if there is a benefit. Being calm in all domains requires stillness in the body.

Fidgets are distractions of the body domain. Body domain distractions can overflow into the domains of mind and spirit.

When your body fidgets, your body may be telling you it needs activity, no different than a dog acting erratic because it hasn't had enough exercise.

Inherent Masteries - Mind

Mind control

All wanderers must pursue mastery over their mind domain. This path to mastery starts at birth and continues after death.

The Mushin(無心) Mind must be cleaned constantly to maintain its purity.

Meditation

All wanderers must pursue meditative practices.

Inherent Masteries - Spirit

Relationships

I seek to be a better friend.

I seek to be a better child.

I seek to be a better parent.

I seek to be a better spouse.

Seek mastery in all relationships to make relationships fulfilling.

Discipline accumulation

Discipline must be pursued in all areas while on the path because discipline aids all things in the pursuit of fulfillment through mastery.

For example, cold showers should be pursued while on the path because cold tolerance is a disciplined pursuit. You are fulfilled after a cold shower, and pleased after a hot one.

switching a shower from hot to cold is a low effort, high discipline activity. The mental/spiritual battle is greater than the physical task of adjusting the temperature. The same goes with eating healthy instead of eating for pleasure.

Look for pursuits of discipline on your path.

The constructive choice is a disciplined path.

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