

Masteries(Template)

The Andreia Philosophy is a philosophy based on the pursuit of mastery in Body, Mind, and Spirit(BMS). These are the three domains that make mankind. The three that make the one - 3:1. A wanderer is the same as their pursuits of mastery: the one that makes up the three.

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

Wanderers need at least one path to mastery in each domain of Body, Mind, and Spirit(BMS). Three paths to make one fulfilled wanderer.

You may have multiple masteries for each domain, as well as major and minor masteries. Some paths have minor masteries that go along with the primary path, and some paths touch all three domains at once.

Have as many paths as you can effectively make progress. Multiple in each domain is good so you can pursue mastery for a long time. However, too many paths to mastery can prevent you from moving forward. If you are not moving forward, consider narrowing your paths to mastery, even just temporarily.

Your paths to mastery will change as the chapters of your life change, and change is inevitable.

Aim to walk each path to mastery in each domain every day.

Body mastery:

- X
- X
- X

Mind Mastery:

- X
- X
- X

Spirit Mastery:

- X
- X
- X

The illusion of mastery

Mastery is an illusion because the path never ends. Death is just the time before you were born, but after.

It is rare to reach the summit of a path to mastery in a particular domain because the path is arduous and fraught with hazard to those who heed the call; and most take the unfulfilling-but-easy path of pursuing pleasure, which cannot provide fulfillment.

If and when you reach the summit, you see there is more to climb on the mountain you stand on, and you will see other mountains, other paths to mastery to climb.

The path does not end.

“If you know the way broadly you will see it in everything.”

Miyamoto Musashi | [The Book of Five Rings](#)

Once you understand Fulfillment Through Attainment on The Path of Paths(FTA-TPP), you will understand why Musashi pursued mastery in so many unique paths, and how to live a fulfilling life.

Andreia Philosophy rites of passage

The Andreia Philosophy rites of passage is the embrace and commitment to the pursuit of at least one path to mastery in each domain of mankind. You have completed your rites when you have designated and committed to a path to mastery in Body, Mind, and Spirit(BMS).

Advice for finding paths to mastery

Consider looking at what you were drawn to as a child. The child's mind and spirit do not have a developed ego and haven't been manipulated by the world regarding what they can/should do or not do, so their interests are pure.

Journal. Look at your entries and review your best days, excluding days influenced by vice or pleasure. Your best days are your fulfilling days, not days in pursuit of pleasure.

Brewing beer is a path; drinking beer is not.

Make a list of 10-15 paths in each domain and explore them. Invest at least 10 hours in each path. Pay attention to which paths to mastery you are naturally skilled in, as well as which paths give you the Mushin(無心) mind.

What you fear is what matters. If you fear a path, it may be because it is dangerous, but it could also be because of its importance to your spirit.

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