

The Path

The path is The Way of fulfillment. The path is the path to mastery and the path to death, which all wanderers walk down.

Life is a path to death. You may find fulfillment on your way there by finding paths to mastery and staying faithful to your walk.

Death is not the end. It is the time before you were born, again.

The path does not stop.

The path is your truth and authenticity. It is crucial to live authentic to your paths because death hovers at all times. A wanderer aims to have a good death, knowing that death is inevitable.

A life loyal to the path leads to a good death.

Musashi Dokkōdō Precept 17 | Do not fear death

Life is Hell without meaning. The path is the path to Heaven, where fulfillment and meaning are found. A wanderer finds fulfillment through dedication to purpose through mastery. Fulfilling your purpose is heavenly.

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

The world exists for struggle. Struggle is purpose on your path. Fulfillment will not be found without struggle. Self-imposed struggle on the wanderer's paths to mastery is ideal. By self-imposing struggle today, you prepare for struggle imposed on you later. No matter how you live, struggle will be imposed upon you.

A wanderer must aim to stay on the path for as long as they can tolerate while making meaningful, even if small, progress towards mastery. The wanderer must meditate to understand the difference between needing rest and wanting rest pertaining to their domains.

When a wanderer is on the path, they desire the path. They accept their position on their path to mastery and avoid thoughts and actions that are off path. If they desire play or pleasure(P&P) off the path that fit their code, they record them as something to look forward to once earned through exhaustion of Body, Mind, Spirit(BMS) through pursuits of mastery in each.

Wanderers do not pursue their vices; they use them for spiritual recovery.

Wanderers should aim to spend 13 hours on the path every day. This ensures that when they step off the path to stay at The Inn, they deserve it. 80% of a wanderer's time should be spent on the path. This applies to all time frames.

Become comfortable walking forward without knowing the answers. Follow the “Walk forward without knowing” spirit domain tenet.

Wanderers on the path exercise Emotional Management(EM), managing their emotions on the path. Emotions can be a deterrent to attainment, therefore, a deterrent to fulfillment. Off the path, wanderers grant their emotions some freedom while being cautious of making emotional blunders that may set them back.

Pleasure, entertainment, and other pursuits lacking component mastery must be avoided while on the path.

Keep off-path distractions out of reach while you walk.

The pursuit of meaning on the path does not mean that the path will be fun. To have a meaningful life, you need to do things that aren't very fun; but your life will be meaningful and you will be satisfied.

When tired from your pursuits, you can step off the path for play & pleasure(P&P), only to return to the path when rested.

If you can enjoy the path, enjoy it. But do not seek enjoyment on the path because it won't always be enjoyable, and this mindset will pull you towards the pursuit of pleasure. However, laughter and enjoyment on the path should be encouraged as these often encourage the pursuit of mastery.

Push yourself to go harder and farther down the path than you believe you can go. You will reach new depths in each domain and find confidence that allows you to wander longer and farther as you strengthen and improve your abilities.

Rest from the path comes after hard travels down the path.

Returning to The Path - The setup day

After a wanderer has rejuvenated their spirit with play and pleasure(P&P) at The Inn, they must return to the path promptly.

The day after a party at The Inn, regardless of whether that party is solo, or of many, intoxicated or sober, the wanderer can use the day after as a setup day to encourage progress down the path.

Some have their setup day on Sunday and call it “Setup Sunday”.

The weekly setup primer is when you do all the chores and other tasks that do not progress your pursuit of mastery on your chosen paths. However, you can pursue improvements in them for the sake of mastery philosophy.

Add setup tasks for each applicable time interval pertaining to your code and adjust as needed.

Examples include cleaning, grooming, paying bills, planning meals, scheduling the week, or anything else that does not directly contribute to a specific path to mastery in Body, Mind, or Spirit(BMS).

Relegate off-path activities to the setup day as much as possible. This allows the wanderer to spend more time on the path.

When the wanderer has the capacity to pursue mastery in Body, Mind, and Spirit(BMS), that is what they must do. Even on weekends, the wanderer must aggressively pursue mastery before they step off the path.

The spirit decays when the individual indulges in pleasure while having the capacity to pursue mastery.

The wanderer must get back to the path promptly so they do not enter the domain of Acedia.

Acedia

Acēdía(Greek): The refusal to engage in your higher purpose. The refusal to feed the spirit through walking your paths to mastery.

Acedia is a lifestyle attitude that nothing matters. This strips the wanderer of their desire for fulfillment, while erasing the moral compass of the wanderer, because the desire for fulfillment is the desire for good.

Acedia is a liar. Acedia says you need to stay at The Inn and continue the pursuit of pleasure to find fulfillment, which is impossible because pleasure cannot be fulfilled.

Musashi Dokkōdō Precept 5 | Be detached from desire your whole life long

Humanity desires pleasure but longs for fulfillment.

Doing nothing is the worst path of all. Doing nothing is the pursuit of pleasure. Doing nothing is Acedia. Acedia is spiritual rot.

Meditation is doing something.

The Inn off the path can become a domain of Acedia. The wanderer mustn't allow themselves to overstay their welcome. To find fulfillment, you must leave The Inn.

The depressed wanderer is trapped in Acedia.

You can escape Acedia by walking the path.

Musashi Dokkōdō Precept 21 | Never stray from the Way

