

CHAPTER 2
Wake up and Watch

DISCIPLINE NUMBER TWO

The noble warrior practices wakefulness and awareness.



Lesson

When you are asleep you are unaware of your own being, others, your surroundings. When you are asleep, except for your dreams, you are unconscious of everything in and around you. What is real is not experienced. This is also true when you sleep spiritually. People who are spiritually asleep are unaware of themselves, what is truly going on inside them. They are unaware of what is controlling their lives, why they feel so bad inside, who they are in relation to their thoughts, desires and needs. Because of this, people who are asleep do not grow.

Besides not being aware of themselves, those who sleep spiritually are unaware of others, not that they do not see others and interact with them, but they are not in touch with others' needs, feelings, hopes and concerns. They have very little empathy, because they have very little love for others, except to the degree that someone serves their purposes or makes them feel good about themselves. Because of this, those who sleep spiritually often unknowingly, or even knowingly, hurt other people, or use other people. They act in a callous and self-serving manner when dealing with other people because they are unconscious of the fact that others are real people too.

Because people who are asleep spiritually focus on earthy things, such as the gathering of possessions, gaining status, power, fame, they close themselves off to the spiritual realities surrounding them. They do not see the signs of God and spirit in their lives. They are not taught or guided by higher forces. They live on a flat level of existence and awareness, and though they have the illusion that they are prospering, their lives are actually very empty, lonely, and sad.

The warrior awakens from such a sleep. Often times it is through a series of grueling battles to save one's own life or well being that brings a warrior to wakefulness. Many who have fought addiction, compulsive behavior, destructive impulses and actions, have emerged with not only a greater sense of self awareness, but empathy, being aware of others. But even those who find that they have awakened to a degree of higher consciousness, must continue on their journey of wakefulness. The warrior of the spirit has to wake up every day, and every moment of the day, and the awakenings become higher, clearer, and more real. To wake up is a process. To be awake is a state of being. The warrior of the spirit is in a continual process of new awakenings, and at the same time remains in that state of wakefulness according to the progress of such awakenings.

When it comes to the self, to become conscious of one's inner thoughts and motivations, of one's state of being, spiritually, emotionally, and physically, is to be awake and aware. The warrior who knows the self and the enemy, whether that be some dysfunction, desire, or misgiving, will never be at risk in a hundred spiritual battles, because the warrior goes into battle with an understanding of his/her own strengths and limitations, and also those of the enemy. To be awake to one's own self is to cultivate the capability of impartial self observation, and thus to gain the freedom to choose what one wishes to think and feel. Such awareness gives the warrior the freedom to grow.

To be awake and aware means to care, to feel, to sense self and others. In ancient days, when the Mayan tribes would search for each other in the jungle, one would cry out, "Een lach ayke!" which means, "I am another you!" And the other tribe would answer back through the jungle, "A lach een!" which means, "You are another me!" This is the essence of wakefulness, to recognize that others are another us, with all the love, feelings, aspirations, fears, desires, questions, cares that we have. When we are awake, we will not only see

others as such, but treat them as we would like to be treated. But beyond being aware of others, the warrior is in touch with what is coming from above or from within. The warrior sees the signs, hears the messages, follows the still small voice which gives direction. The spiritual warrior senses his or her relationship with the earth and sky, the world within and without, seeing how each fits with the other, and where one's place is in the universe. The warrior has second sight, the shine, the insight, the consciousness of what may be coming around the corner. The warrior who is awake and aware is ready to defend what is precious and good, and to fight the enemy when it emerges on the battle field. The awakened warrior is ready at all times for action. As Carlos Castaneda teaches, unlike the average person, who is only aware of everything when he/she needs to be, the warrior is aware of everything all the time. This is true on many different levels, in the awareness of self, the awareness of others, and the awareness of the world in, above, and around you.

Practice waking up by meditating on your own thoughts, allowing them to pass by, one after the other, learning to observe and act rather than blindly reacting. Discipline yourself to put yourself in another's shoes and walk in their shoes for a mile. Don't be afraid to feel or to care. Let yourself be vulnerable so that you can be awake, so that you can be loving and be loved. Ask the Creator to reveal to you the hidden paths you must take, and to help you to see the signs, and to walk with awareness and intention in this world. And when you wake up and meet others who are awake, you will recognize each other, and feel the joy of sharing such wakefulness, and you can greet each other with full understanding, "Good Morning!"



Gems from the Masters

The warrior is always alert.
He is always awake.
He is never sleeping through life.
He knows how to focus his mind and his body.
He is what the samurai called "mindful."
He is a "hunter" in the Native American tradition.

Robert Moore/ Douglas Gillette

The average man is aware of everything
Only when he thinks he should be;
The condition of the warrior,
However,
Is to be aware of everything
At all times.

Carlos Castaneda

If you know the enemy and yourself
You will never be at risk in a hundred battles;
If you do not know the enemy but know yourself
You will sometimes win and sometimes lose;
If you know neither the enemy nor yourself
You will be at risk in every battle.

Sun Tzu

Wakefulness is the way of life.
The fool sleeps
As if already dead,
But the master is awake
And lives forever.

Buddha

Blind acceptance
Never leads to a solution;
At best
It leads only to a standstill
And is paid for heavily
In the next generation.

Jung

How often have you turned away,
Because you feared you might discover
Something terrible about yourself?
How often have you been willing
To look at your face in the mirror,
Without being embarrassed?
How many times have you tried to shield yourself
By reading the newspaper, watching television,
or just spacing out?
That is the sixty-four-thousand-dollar question:
How much have you connected with yourself
at all in your whole life?

Chogyam Trungpa

Watch therefore,
For you do not know
When the master of the house is coming--
In the evening,
At midnight,
At the crowing of the rooster,
Or in the morning--
Lest, coming suddenly,
He find you sleeping.
And what I say to you,
I say to all:
Watch!

Mark 13:35-37

Questions for Personal Reflection and Discussion

Do you keep an eye on the horizon, or do you find yourself often being caught in unseen snares?

What puts you to sleep, on natural and spiritual levels?

Are there areas of your life that you are more awake than others? Where do you see other's plights and feel compassion? How do you think you can expand this compassion to others?



Meditation

Close your eyes. Relax and take some deep breaths. Let your spirit rest comfortably in your entire body. Your spirit or soul does not reside in your head or your heart alone. It lives in your entire body. Feel your entire body with your spirit. Feel your spirit in your chest, your stomach, in your arms and legs, head, neck, back, pelvis, in your fingers and toes. Take a deep breath and let it out. Sense your body again. Can you feel the support underneath you? With your eyes closed, examine your body with your spirit. Move across your body detecting any feelings or sensations.... Now, pay attention to your body. Where are you feeling any discomfort. Find the place of most discomfort on your body. With your eyes closed, set your hand on that place of most discomfort on your body. Acknowledge that discomfort, that it is there, honor it, and give it permission to let go of you and slip away. If it wants to stay, that's OK. But give it permission to go....Now sense your entire body again. Locate the area on your body where you are carrying your fear. Place your hand on that part of your body. Acknowledge that fear, that it is there. Honor it. It can serve you, but you don't want it to rule you. Give it permission to let go of you and slip away. It can stay if it desires, but give it permission to go....Now sense your entire body again. Where are you holding your anger? Find it on your body. Put your hand on it. Acknowledge that anger, that it is there. Honor it. It can move you to action, but it must serve you, not rule you. Give it permission to let go of you and slip away. It can stay, but give it permission to go....Now find the grief on your body. Where are you holding that grief? Find it. Rest your hand on that place holding the grief. Acknowledge that grief, that it is there. Honor it. It is part of what makes you human, as long as it serves and does not rule you. Give that grief permission to go. It can stay, but allow it to slip away....Now, lastly, find the joy on your body. Where are you holding the joy? Yes. You can find it. Place your hand on it. Acknowledge that it is there. Honor it. It gives you life. You don't mind if joy rules your life, but even joy needs to be free. You cannot force it to stay. Give that joy permission to let go of you and slip away. It doesn't have to go, but set it free....Now, open your eyes. Look out at your surroundings. Notice all things around you, what do you see, hear, smell? Is there a certain taste in your mouth? What is the atmosphere like which touches your skin? Do you see things you have not seen before. Look for things in this surrounding that you may not have noticed before? Objects, artwork, nature around you, the ground beneath you and what may rest above you? Look at the patterns, the relationships, the life and care in these things. If there are people with you, notice their faces, think of the faces of the ones you love. See them now. See all the faces of people everywhere now. Become aware of all things and everyone. Take a deep breath. Good morning!

Can you feel how much more in touch you are with your body now? Can you feel how much more awake or aware you have come to be? What was that meditation like for you?



Process

For the Individual: Take a walk in your home. Stop in each room with awareness. Look for the things you have never seen before. You will see shapes, patterns, colors, odd things you never noticed about that room. Go to the next room and do the same thing. Rediscover your home and see it in a state of wakefulness. What do you learn about yourself? Can you take this awareness with you wherever you go?

For a Group: You will need one blindfold, or something to cover one person's eyes. You are about to play a game which increases awareness. It's a game of tag. The group forms a circle and a volunteer enters the center of the circle and blindfolds him/herself. The circle should be wide enough that the person in the middle, continuing to stand in the same place, may reach out as far as possible, and still there is a foot or so between the end of the person's reach and the people around the circle. Two other volunteers enter the circle. Their job is to tap on the blindfolded person as many times as possible without being tagged by the blindfolded person. The blindfolded person's task is to sense where these people are, and tag them when they move in close to tap. The two people on the outside may not travel outside the circle, but there should be enough room for them to avoid being tagged when they are at the perimeter. They should only be able to be tagged by the blindfolded person when they come close in order to tap that person. The blindfolded person may not take large steps to reach out to tag, though small steps to reposition one's self are acceptable. Tappers should, of course, use appropriate touch in their taps, and use caution not to slap or hit. The blindfolded person will want to reach out quickly to make the tag. When a tapper is tagged he/she rejoins the circle. The blindfolded person is finished either after two minutes in the middle or after tagging both tappers. New volunteers enter the circle to take the place of tappers and blindfolded tagger. Repeat this until everyone who wishes a turn is able to take one. Repeat the process as long as the group desires. Hint: Blindfolded taggers. Wait and listen. Don't react. Notice patterns in the tappers' behavior. Anticipate their actions, and tag them. Taggers, notice the patterns of the tagger. Exploit them. Observers, though you should not coach during the game, you will notice patterns used by those playing the game. Share your insights. This game will not only increase your awareness, but you can learn a great deal about yourself and your reactions to life. (NOTE: As in any game involving physical contact, the possibility of injury cannot be completely eliminated. Protective eye-wear for tappers is recommended.)



What are your closing thoughts about Awareness?

End this lesson with a prayer.

