

The Paradox of trying to describe Direct Knowing

Direct Knowing is an experience, related to Gendlin's "felt sense"...a living interaction with the world. It is like trying to describe "wetness", or "sweetness". Words run the risk of being substituted for the experience...hence the old warning to not mistake the pointing finger for the moon itself.

As explained by the mystic Mechtild of Magdeberg (c.1250 AD):

Of all that God has shown me, I can speak just the smallest word
Not more than a honey bee takes on her foot from an overspilling jar

Descriptions of the path to Direct Knowing

Psalm 1: Blessed are the man and the woman who have grown beyond their greed,
c.1000BC and have put an end to their hatred, and no longer nourish illusion.
But they are content with the way things are, and keep their hearts open day and night

Lao Tsu: Emptied of self and one with nature
c.600BC they become filled with the Tao

The Buddha: Go beyond your likes and dislikes
c.500BC and all fetters will fall away

Seng Ts'an: The Great Way is not difficult for those with no preferences
c.600CE When you abandon attachment and aversion you see it plainly

Hasan Al-Basri: Those who are content, needing nothing,
c700CE and seek solitude in meditation will find peace
Arabia Those who have trodden all selfish desires underfoot will find freedom

Pema Chodron: If your everyday practice is to open to all your emotions, to all the people you
Contemporary meet, to all the situations you encounter, without closing down, trusting that you
USA can do that..... then you'll understand all the teachings that anyone has taught.

Frank Ostasesky: Embrace everything. Push away nothing

Descriptions of the experience of Direct Knowing

A. Sudden and dramatic: The broom falling. The bell ringing. The butcher's conversation.

B. Simple openings:

Kakuan: The river flows tranquilly on
c1200 China and the flowers are red

Fakhruddin Araqi: I look in the mirror and see my own beauty;
c1250CE Persia I see the truth of the universe revealing itself as me.

Julian of Norwich: All shall be well, and all shall be well and all manner of thing shall be well
c1400CE England