

Knowing in Action

Perceptions and intentions arise continually on sense contact. In relation to these, knowing, or wisdom, is that which allows whether an intention shall proceed into action or be abandoned, or in other words, into doing or not-doing. This knowing is connected to the memory of past actions and consequences. So knowing does not itself act but is also not passive in regards to action, it is the supervisor. As the potentially transcendent aspect of the mind, the Knower can become associated with an aloof passivity through forming an incorrect view of itself as separate from the doer. The danger is then that we take refuge in passivity or lose effective control of our actions.

In order to avoid this we see and experience not-doing as restraint rather than passivity. Our actions are then carried by wholesome intentions, restraint within these actions being an element of control and refinement. If action is focus, then the knowing heart in action is the quality of the space around that focus. This refined or composed bodily deportment can then be a determinant of mental attitude.

So we do not walk, we allow the body-mind to follow its walking programme, like opening a space around the focus of action; or we restrain walking, an element of restraint (like a thicker space) giving composure; full restraint being a sense of posture or re-posturing in a still space. This altogether is wisdom taking control of the body-mind.

I offer this for your reflection.

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