

Clean Mind Clean Heart Enhancement Group

(Our Efforts For A Cure)

Inside ~ Outside Talks 2012

**Yoga ~ Tai Chi
Efforts for ending
the war mentality.**

February 2, 2012

Subject: **"We are making a sincere effort."**

Dear Humanitarian Worker,

Greetings.

The weather has been extremely nice in New York this week. Since Monday I have been going to the Riverbank State Park in Harlem. Looking at the Hudson River, doing some stretching, saying a few words and did one of the tai chi forms. The water is very dirty and has a foul odor to it. It needs a lot of help and attention. It is in very bad shape.

The issues that we placed on this year's work sessions table addressing **the importance of cleaning up the Hudson River** also addresses the importance of cleaning up our own mentality regarding the health of our society as well as the relationships we have with one another and our Creator. Doing these work sessions we will also look at ways we can improve our position with each other and our Creator.

As we say welcome to the start of this year's **Inside ~ Outside Talks 2012** via **Clean Mind Clean Heart Enhancement Group** (Our Efforts for A Cure) addressing the topic of **"We are making a sincere effort"**. With this particular topic a lot of things was revealed in New York area management regarding our relationships and collective efforts. It seems that the lack of willingness "to do good" may be rooted in other issues

related to foreigners in the New York communities regarding to working with the English language. There is this constant statement & energy that they say "*my English is no good*" and they say it with a downer type of attitude. Meaning nothing they said or do is important.

This is a very poor mentality that can be doing severe damage to our spiritual health overall. This is so because the mentality of **the Eight Fold Path** is not being properly supported by the majority of our society and very little is said about it in our prayer houses. Where the questions of

"What do we work for?"

and

"What do we pray for?"

comes to surface. Do the conditions of the neighbors and the communities really reflect what we are about?

Are people being sincere with their prayers or are they just kidding themselves and perpetrating a spiritual fraud?

Are we making a sincere effort for maintaining a plane of goodness with our Creator and each other in our societies?

We should always seek to improve our conditions and relationships. Especially if some people want to be considered masters or teachers, then they should make it a priority to be the best teacher or master that they can.

Implementing the mind set regarding the teachings of **the Eight Fold Path** impacts our mentality greatly. As outlined in this web site addressing the components of [the Eight Fold Path " Right Speech"](#) component. It addresses the importance of communicating clearly to each other thoughts, ideas, and desires that we tend to in our daily lives. Where sometimes we have internal conflicts regarding desires within the basic Buddhist practice, we should realize that desires do exist, and some desires are closely related to our prayer foundations.

Learning to talk in English is not that difficult and just takes time and practice. Being able to explain the material in English as well as in your own native language is important for various prayers to be supported by our society's systems. If you are still learning English, just say that you are working to improve your English skills. Walk and talk with the attitude that you want to do better. Still try. No matter how old you may be. Sit, take the time to talk with your friend or would be friends and talk. If you do not know a word just ask them to help you. Tell them that you are trying to improve your English (it may help with your prayers as well).

Implementing the mind set of the **Eight Fold Path** teachings is extremely important in our spiritual practice. We need to show our Creator that **we care** and are doing positive things "**to maintain the world in a state of goodness**" and **care for our homes as well**. We are not "homeless" in our Creator's world. We may be without some things including "proper housing" according to certain standards for some particular reason and some may be without their property due to the theft. Although the theft has occurred in order for us to heal the deep rooted wounds we must take a new attitude toward improving the life's that we have.

We also have to be more realistic about the massive job it is going to be **to really remove the pollutants from the Hudson River**. At this point it would be realistic to use personal mini (remote control) submarines (machines two to three feet in length) to assist with said clean up efforts. The personal mini submarines can be built in a few years and they can be used to scoop up the impurities from the waters. For the moment the name Hydro Collect or HYLECT can be used for the mini personal submarines.

We can have various teams focus on certain areas of the rivers and have the mini submarines go to various depths of the rivers collecting the pollutants and removing them from the waters.

Prayers helps with the mentality of our society, but **we also must do the work**. We have to really understand the meaning the concept **merit** as in the words used and repeated here:

"Dedication of Merit"

May the merit and virtue
accrued from this work
adorn Amitabha Buddha's Pure Land,
repay the four great kindnesses above,
and relieve the suffering of
those on the three paths below.

May those who see or hear of these efforts,
generate Bodi-mind,
spend their lives devoted to the Buddha Dharma
and finally be reborn together in
the Land of Ultimate Bliss.
Homage to Amita Buddha!

It does matter if you if you speak with sincerity from the heart.

Even though the focus of the words are toward Buddhism, other religions should have something similar and be with the law regarding **THE MERIT of the prayers and ministries.**

As we get more involved with the book [the Hidden Messages in Water](#), you will find that the author, Dr. Masaru Emoto is also addressing the way we treat and talk to each other. Being in New York for the past 4 years, I found that there is a high degree of lack of moral support for the youths who are on the streets and in the parks. They are easy targets for drug dealers and even for some pimps. There definitely is a large need for social workers to intervene and stop the ruining of these youths life's. Some of the youths are asking for help. The soup kitchens are not enough for needs of the communities and they do need to discuss how the city's can reach and reconnect with the youths via better activities for them to get involve with for life skills.

It also is good that several other organization and people are taking more interest in taking care of the world. In this book "<http://winetowater.org/>" the author Doc Hendley explains his interest with helping several African countries with getting clean water.

Developing an attitude to maintain the world in a good fashion is good for everyone. It felt good this weekend knowing that the basic plans that was outlined for assisting with cleaning up the Hudson River was accepted by our Creator and some friends. The weather was extremely nice in the New York area this past week. Like God gave his approval on our efforts. You can find this year's [Inside ~ Outside Talks 2012 introduction letter](#) on the Internet.

We are still in the process of completing some of the objectives of getting the proper support for the efforts of assisting with **Cleaning up the Hudson River** and are in the process of calling General Electric. Until the next **Inside ~ Outside Talks 2012** work session "About cleaning up the Hudson River" via **Clean Mind Clean Heart Enhancement Group** (Our Efforts for a Cure).

Take Care.

Sincerely,

James R. Branch

Links:

http://www.thebigview.com/buddhism/eightfoldpath.html#Right_Speech

<http://winetowater.org/>

[the Hidden Messages of Water](#)

[Inside ~ Outside Talks 2012 Introduction & Schedule letter](#)