

Understanding thought as an instrument tuned,  
like we might tune a flute or violin,  
to TRUTH & ACTUALITY,  
and functioning in a provisional  
way in MEASURE & REALITY

"You can't know a thing  
by an instrument that's wrong."  
F.M.Alexander

*dialogue circle which observes philosophy, meditation & listening,  
in a passive way, in action*

**PHILOSOPHY as KNOWLEDGE**  
[based on thought & the past]

**PHILOSOPHY as QUESTIONING**  
[using thought & knowledge merely  
as instrument, not based on the past]

**MEDITATION as positive PROJECTION**  
[based on the past & thought  
of joyful, peaceful mind]

**MEDITATION as pure NEGATION**  
[based on taking away sources of  
conflict & violence; open to unknown]

**LISTENING as KNOWLEDGE**  
[based on thought & the past  
much like a computer is programmed  
to 'perceive' or 'hear']

**LISTENING as QUESTIONING**  
[not based on the past, becomes  
part of thought only as we use notation;  
open to the unknown &  
creativity]

TRUTH & ACTUALITY outside thought & measure