

AN OCEAN JOURNEY

THE SEVEN PRINCIPLES



"The wave rises, and falls, and the ocean remains."



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HEARTMIND

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PART ONE

Why These Principles

These seven lines are the summation of many years of study, investigation, practice and quiet contemplation. They are my way of seeing, arrived at slowly, tested against life rather than assumed. I make no claim that this is a better path than any other, only that it is mine, honestly arrived at, and I share it now in good heart, in the hope that it might help you find and understand love in your own life.

What a Principle Is

In any field, from horticulture to physics to law, a principle is the most general statement of how something works, stated on its own, ahead of the particular cases it explains. A gardener does not need to relearn how light and water work for every new plant, because the principle already covers them all. Newton did not write down a separate law for every falling object, one principle accounted for the whole of them. Euclid did the same for geometry, a small handful of axioms, and everything provable in the subject follows from them.

You can see the same thing at work in the very first principle you are about to read, that there is only one reality. Countless people, in entirely unconnected circumstances, a quiet moment in a garden, a hospital waiting room, an ordinary Tuesday afternoon, a walk beside the sea, have each described the same sudden,

unmistakable sense that everything is somehow one thing, seen from a thousand different angles. Nobody taught them this. They simply recognised it, the way you recognise a principle rather than learn it. Stated as a single sentence, there is only one reality gathers up every one of those separate recognitions into one compressed truth, the same way Newton's law gathered up every falling apple, stone and star into one sentence too.

This same pattern turns up throughout the centuries, across the various fields of human knowledge and investigation. In ancient India, it took the form of the sutra, most familiar from the yogic tradition, a compressed teaching, often only a line long, meant to be opened out afterward, sentence by sentence, in spoken commentary from a teacher. I am not calling what follows sutras, and I make no claim to that tradition. I simply notice the same pattern at work: a short, compressed statement first, and an explanation unfolding beneath it after. Different teachers, different eras, kept arriving at the same practical idea, state the largest possible truth in the smallest possible number of words, then let a teacher, a text, or a life, unfold what it actually means. What follows here uses that same shape, principle first, explanation after, in plain English.



PART TWO

The Seven Principles

Building on what has just been said, here are the seven principles themselves, each followed by its explanation, in that same compressed, sutra-like style.

1. There is only one reality.

Consciousness is the ground of everything. It does not come from the body or the mind, it is what the body and mind arise within. It needs nothing outside itself to exist.

2. That one reality is aware.

This awareness is not cold or distant, it is loving, and it is not static either. Its very nature is to express itself, and that expression takes shape as waves. Each wave is not separate from the one reality, it is that reality, appearing for a while in one particular form.

3. You are that.

Your mind is not something separate from that one reality, it is its viewpoint, seen from where you stand. When that viewpoint narrows, life feels separate and small. But it never actually stops being what it truly is.

4. The forgetting is not a mistake.

Reality rises and falls the way a wave rises and falls. Nothing is wasted in this. It is simply how it unfolds, awareness moving through every degree of clarity, from tightly closed to fully open.

5. Love is the structure of reality.

Love is why there is anything at all, rather than stillness and silence. Everything that appears is love in motion.

6. Beauty is the language it speaks.

Look closely at creation and you find pattern everywhere, the spiral of a shell, the unfolding of a fern, the shape of a galaxy. This is not decoration. It is love's own order, made visible. Beauty is what happens when we notice it.

7. The return is available now.

This is not becoming something new. It is simply remembering what was true all along. The sense of separation quietly falls away, and you keep living, rising and falling like a wave, only now you know what you have always been.

If you stopped here with your investigations, you would already have everything you need. There is one reality, it is aware, you are it, nothing has gone wrong, it is made of love, that love shows itself as beauty, and none of this is far away or hard to reach. You do not have to earn your way to it. It is already yours.

Should you wish to go deeper, to explore further any of the seven principles, that exploration is exactly what I have done elsewhere in my writing.



PART THREE

A Light Not Diminished

Looking back, it feels as though I was always destined to seek this understanding laid out in the seven principles. All the years of tribulation, reflection and dedication were simply to help me arrive at this clarity on my life. I have asked the necessary questions at every stage of this unfolding life experience. Through the innocent years of childhood and the agonising, yet exciting times of seeking as a young man, often getting lost and finding a new direction. Eventually, after decades of journeying, arriving at a realisation of the truth and its wisdom in my older years. The principles are a distillation of that journey into a recognition of the truth, LOVE.

I do not offer the seven principles from any position of authority. I offer them in the genuine spirit of humility that a heart requires to recognise that the sacred light of Love is already present in every heart, including your own.

A candle's light is not diminished by sharing its flame with another candle, and it is in that spirit that I offer these principles to you. May they help others to light their own candle, or more accurately stated, illuminate a recognition of your own light. That is my hope and my purpose in writing.



*With love,
Hosshin*

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