

Welcome to our introductory broadcast from the Path to Wisdom website. We are glad you requested to listen to this podcast. And hope it will provide encouragement to explore further what we are doing. Material on our website explains who we are, where we come from, what our goals and hopes are and a brief explanation of our methodology.

So, Why this podcast? We thought it would be useful to explain a bit more about our assumptions, goals and how we plan to facilitate the process for achieving them.

Part 1

Let's start with assumptions:

We are starting with the assumption that the primary driving force for each individual is to attain to contentment, fulfillment and happiness in their daily life. We also believe that achieving this will lead to improved emotional, mental and physical health and well-being. When one one's self is happier then it leads to improved personal and social relationships, creating a knock-on effect which has the potential for far-reaching improvement of life in all its aspects.

Sounds simple, doesn't it, but why is it not more common?

Many individuals will at various times express that they are content, or fulfilled or even happy, but are these states genuine? Are they sustainable? Are we able to maintain them? Or are they simply temporary situations from which we emerge often feeling frustrated and even more dissatisfied? Are we constantly chasing the gold ring that we believe will bring us 'true' Happiness?

There are many, psychologists, philosophers and religious personages who often that contentment, fulfillment and happiness aren't the primary goal, or are a false idol. Our response to them is that by happiness, we are referring to a deep sense of peace, contentment and inner joy with life, which become. the foundations for real and true happiness. We believe this condition which once realised can be maintained with practice and commitment increasingly throughout one's life.

This is not a new goal, it has been discussed and debated and the object of many different traditions, methods and belief systems over the past three thousand years. Many philosophies, religions and schools of thought have arisen, and some fallen, promising the way to contentment, fulfillment and happiness if one would just follow their teachings. Even our modern scientific world, often promises improvements if we would only follow the expert's advice. Even here there have been many failures, leading to disastrous consequences, for example the current opioid crisis.

So, what are we suggesting that is different?

What are we trying to introduce by our efforts that has not been tried before?

In fact, what we are inviting you to join and participate with us is nothing new but rather something which has been around for millennia and yet despite its availability it is hardly practiced; and this is what we hope to change.

Before we dive into the process we will be using and inviting you to join us, in understanding the nature of contentment, fulfillment and happiness. As I mentioned earlier this is not a new concept and many different sages, teachers, thinkers and religions have offered up their suggestions on how to realise these goals. Our viewpoint is that in order to realise them one must first know oneself, one's true self, not the persona we project to the world, or use to fool ourselves or even the one we were raised and taught to be. But rather our true heart felt identity, freely chosen and manifested. There is some discussion as to whether this is really possible or not. We believe it is but not without learning skills to accomplish it and diligent practice.

At Path to Wisdom, we wish to create an interactive, discussion environment, both online and also, bricks and mortar, where we can engage in vital and dynamic discussions, moderated by a guide and encouraging the use of simple techniques for developing skills to truly know ourselves, our true heart and identity.

In Eastern philosophies, this is often referred to as the heart/mind; Mind and the Heart as unified or the Mind of the Heart and Heart of the Mind

In the beginning we will share and use a simple, easy but often slightly confusing at first, method of questioning. We will select various quotes from many different sources and traditions, and engage in an online live chat discussion using this method of questioning. These early broadcasts will be opportunities to learn the methodology, become comfortable with it and then use it as a starting point for deeper and more direct engagement in the process of discovering ourselves.

Later on, we will introduce to you the methods of Mindful Self Reflection and Mindful Self Focus which you can read about on our website.

Important Notice

We feel it very important to make it clear, that what we are doing here is not therapy, nor are we providing any medical advice as to what to do if you are in an emotional, mental or physical crisis. If this is the case then we strongly encourage you to contact

and engage a professional in the appropriate field to work with you on the problem. Nothing can take the place of real face to face dialogue, especially when dealing with a significant personal problem of health, be it emotional, mental or physical.

In our discussions we will not try to lecture or to tell you what is true or correct or not. Rather we will encourage a process of questioning and discussion which will lead to further questions and further discussion and on and on. Our goal with this is to familiarize you with the process and learn to become skillful at the process of questioning, responding, considering and the questioning again. All the time it will be important to remain open to whatever answer/response arises and then further questioning. As you engage in this process with others, we will begin to see the multifaceted aspect of every situation, topic, belief and idea and hopefully how it is constructed and how it affects our level of contentment, fulfillment and happiness.