

Subject Index to 813 Lessons From Stoics

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Green Way Research, Vancouver, Washington

Daily Stoic 366 Lessons Philosophy (STOA)

Epictetus 95 Discourses (EPI)

Fireplace Records 30 Chapters (TFR)

Meditations Marcus Aurelius (AUR)

Philosopher's Garden of Insights (PG)

Seneca 124 Letters (SEN)

Lessons, Letters, and Discourses from Stoics:

<https://www.egreenway.com/buddhism/koans.htm>

Stoicism Indexing Completion Target: July 1, 2024.

Subject, Teacher, Theme	Case #	Case Title
Abiding Good	SEN 27	L 27 On the Good Which Abides XXVII
Acceptance Submission	STOA 04	Big Three 1/4 p. 12 Aurelius Accept What is Outside Your Control
Action Reminder	PG 88c	Say "Fortunately, I am Here to Do This"
Actions Directed by You	STOA 04	Big Three 1/4 p. 12 Aurelius Direct Your Actions Properly
Addictions Compulsions	STOA 08	Seeing Our Addictions 1/8 p. 16 Seneca Bad Habits Addictions
Admiring Good Persons	SEN 11	L 11 Blushing Observing Others Composure and Bearing
Adviata Vedanta	PG 77	Awakening the Other Way 2023 https://amzn.to/3NZrAwv
Adviata Vedanta	PG 77	By Rupert Spira 2008 https://amzn.to/44sA058
Aging	SEN 26	L 26 Growing Old
Aging Growing Old	PG 93	https://www.egreenway.com/reason/aging.htm
Agitated Fearful Unstable	STOA 11	If You Want to Be Unsteady 1/11 p. 19 Epictetus Poor Judgment Acts
Agnosticism Atheism	PG 75	Atheist Manifesto by Michael Onfray https://amzn.to/47bA7nQ

Subject, Teacher, Theme	Case #	Case Title
Agnosticism Atheism	PG 75	Breaking the Spell by Daniel Dennett https://amzn.to/3Q8NJdk
Agriculture Gardening	PG 22	https://www.gardendigest.com/quotes.htm
Aim Target Goals	SEN 32	L 32 Steadiness of Aim
Along for the Ride	STOA 12	One Path to Serenity 1/12 p. 20 Epictetus Go with the Flow
American Indian Arts	TFR 20	Fred's Magic String
American Philosophy	PG 50	https://www.egreenway.com/reason/pragmatism.htm
Analysis Indexing Koans	PG 33	https://www.egreenway.com/buddhism/koans.htm
Anger Bodily Signs	SEN 11	L 11 Blushing Embarrassment Shame Anger Emotions
Angry Crowds	SEN 07	L 7 Avoiding the Crowd Destructive, Violent, Brutal, Cruel, Senseless
Anti-Religious	PG 75	Atheist Manifesto by Michael Onfray https://amzn.to/47bA7nQ
Anti-Religious	PG 75	End of Faith by Sam Harris https://amzn.to/44ZQemB
Anti-Supernaturalism	PG 75	https://www.egreenway.com/reason/naturalism.htm
Anxiety	SEN 13	L 13 Anxieties About the Future
Aphorsims	TFR 04	Harvesting Some Onions From Our Garden
Appearances Grooming	SEN 05	L 5 Our Inward and Outward Lives Look Normal, Natural, Ordinary
Arguments	TFR 03	Why Did the Bodhidharma Walk So Far Away?
Arithmetic Math Count	TFR 25	Simple As: 0123456789...
Art Painting Sculpture	STOA 18	See the World Like a Poet and an Artist 1/18 p. 26 Tools Medium
Ask Tough Questions Daily	STOA 21	Morning Ritual 1/21 p. 29 Epictetus What Am I? What then?
Assumptions Premises	TFR 26	Assumptions Guide the Way
Astoria Oregon	TFR 15	Uncle Mike's "Dangling Dichotomies"
Atheism Agnosticism	PG 75	Atheist Manifesto by Michael Onfray https://amzn.to/47bA7nQ
Atheism Agnosticism	PG 75	https://www.egreenway.com/reason/naturalism.htm
Atheism Agnosticism	PG 75	The God Delusion by Richard Dawkins https://amzn.to/3rJ3rl6
Atheist Spirituality	PG 75	Book by Andre Comte-Spoonville https://amzn.to/3pSN59g
Autumn Cooling Water	PG 41	https://www.gardendigest.com/autumn.htm
Avoid Affectations	SEN 05	L 5 Our Inward and Outward Lives Simple Dress Appearance Manners
Avoid Dangers	SEN 14	L 14 Safety in a Dangerous World Sailing Dangers
Avoid Evil People & Places	PG 50	Practical Advice for Living with Caveats Mind Your Own Business
Avoid Meddling Wu Wei	PG 50	Practical Advice for Living with Caveats Mind Your Own Business
Avoid Reading Unimportant	SEN 02	L 2 Beneficial Reading Program Read Best Authors, Few Books

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Awe	TFR 26	Assumptions Guide the Way
Back Yard Spirituality	PG 50	https://www.gardendigest.com/spirit.htm
Bad Behaviors	STOA 14	Cut the Strings that Pull Your Mind 1/14 p. 23 Aurelius
Bad Company	SEN 07	L 7 Avoiding the Crowd They Have Negative Influence on Us
Balancing Inward/Outward	SEN 05	L 5 On the Philosopher's Mean V Stress Inward Development
Beauty	PG 41	https://www.egreenway.com/virtues/beauty.htm
Beauty in Nature	STOA 18	See the World Like a Poet and an Artist 1/18 p. 26 Aurelius
Beauty Lovely	TFR 18	Sozan's "Flowers or Seeds?"
Being-Time Philosophy	TFR 17	Yaoshan's "For the Time Being" Temporality Present Existence
Believe in Yourself	STOA 15	Peace is in Staying the Course 1/15 p. 23 Seneca Trust Your Path
Best Books to Study	SEN 02	L 2 Beneficial Reading Program Read Best Authors, Few Books
Bibliography Stoicism	STOA 00	https://www.egreenway.com/virtues/stoicism.htm
Bill	TFR 14	Bill Asked "Did Freya's Puppy Have Buddha Nature?"
Biographies Stoics	STOA 00	Ryan Holiday Lives of the Stoics https://amzn.to/3pK5IMp
Black Dragon	TFR 24	Shifu Miao Zhang asked, "Meeting the Black Dragon What Say You?"
Bodhidharma	TFR 03	Why Did the Bodhidharma Walk So Far Away?
Bodhidharma Q1 Dictum	PG 33	Bodhidharma (circa 450 CE) Zen Buddhist Key Ideas Core Ideas
Bodhidharma Q3	PG 33	Not Dependent On Words or Letters
Bodhidharma Q4	PG 33	A Separate Transmission Outside the Scriptures
Bodhidharma Q5	PG 33	Direct Pointing at the Human Mind
Bodhidharma Q6	PG 33	Seeing One's Nature and Becoming Buddha
Bodily Concerns	Sen 14	L 14 Safety Dangers Bodily Needs Necessity, Avoid Dangers
Bodily Health	SEN 08	L 8 Writing as a Form of Service Reduce Wants, Natural, Train
Body-Mind Practices	PG 55	https://www.egreenway.com/reason/soma.htm
Brave Man, Tough Man	SEN 09	L 9 Friendship and Self-Sufficiency
Brawn and Brains	SEN 15	L 15 On Brawn and Brains XV Avoid Excessive Emphasis on Body
Breakfast with Seneca	SEN 00	Book by David Fedeler 2022 https://amzn.to/3NZUpYq
Breathing Methods	TFR 16	Prajnatara's "It's the Attitude that Counts"
Breathing Practices	PG 22	https://www.egreenway.com/wellbeing/breathing.htm
Brotherhood	TFR 07	The Teacher Mentors His Students
BSL Database Codes	PG 10	https://www.egreenway.com/buddhism/KTC9.pdf

Subject, Teacher, Theme	Case #	Case Title
Buddha Nature	TFR 14	Bill Asked "Did Freya's Puppy Have Buddha Nature?"
Buddhism	TFR 13	How Could He Make Up His Mind
Buddhism and Stoicism	PG 33	Buddhist and Stoic Wisdom Skeptical Age https://amzn.to/43zZn43
Buddhism and Stoicism	PG 33	More Than Happiness by Antonia Macaro https://amzn.to/43zZn43
Buddhism and Stoicism	PG 33	Stoicism and Western Buddhism by Ussher https://amzn.to/3rCnwtP
Buddhism Critique	PG 75	Buddhist Without Beliefs S. Batchelor https://amzn.to/3K4SCQD
Buddhist Koans Database	PG 33	https://www.egreenway.com/buddhism/koans.htm
Calm Detached Aware	TFR 16	Prajnatara's "It's the Attitude that Counts"
Calmness Moderation	SEN 14	L 14 Safety in a Dangerous World Use Philosophy to Avoid Dangers
Campfires BBQ Grilles	TFR 00	https://www.egreenway.com/buddhism/fireplace.htm#Hearth
Cane	TFR 05	Shifu Miao Zhang Grasped the Master's Cane
Cane	TFR 06	Yunmen's Cane Turned Into a Dragon and Swallowed the Universe
Cane Staff Martial Arts	PG 66	https://www.egreenway.com/taichichuan/cane.htm
Career	SEN 22	L 22 Giving Up a Career
Careful Attention	STOA 14	Cut the Strings that Pull Your Mind 1/14 p. 23 Aurelius
Carp Jumping Dragon Gate	PG 44	Carp Jumps Over the Dragon Gate Chinese Myth
Carp Swims Upstream	PG 44	Carp Jumps Over the Dragon Gate, and Becomes a Royal Dragon
Case Study	TFR 06	Yunmen's Cane Turned Into a Dragon and Swallowed the Universe
Catholicism	TFR 07	The Teacher Mentors His Students
CBT	PG 68	Cognitive Behavior Therapy Robertson https://amzn.to/3K9mKdJ
Cellphone Ring Tone	TFR 19	The Roshi's Clapping Cellphone
Ceremonies Rituals	PG 33	Shamanic Bones of Zen by Earthly Manuel https://amzn.to/3rhLYQL
Challenges	STOA 00	The Obstacle is the Way by Ryan Holiday https://amzn.to/3pUr35L
Chan Buddhist Koans	PG 33	https://www.egreenway.com/buddhism/koans.htm
Chang San-Feng	TFR 09	Meeting Chang San-Feng on Mount Shasta
Chang San-Feng	TFR 24	https://www.egreenway.com/taichichuan/chang1.htm
Change	TFR 26	Assumptions Guide the Way
Change or Submit	STOA 09	What We Control and What We Don't 1/9 p. 17 Epictetus
Changing Unproductive	STOA 20	Reignite Your Thoughts 1/20 p. 28 Aurelius Review Cut Useless
Changing Useless Actions	STOA 16	Never Do Anything Out of Habit 1/16 p. 24 Musonius Create New Act
Chanting	TFR 01	Can You Grasp Emptiness?

Subject, Teacher, Theme	Case #	Case Title
Chapters Fireplace Record	TFR 00	https://www.egreenway.com/buddhism/FireTitle.pdf
Chen Style Taijiquan	PG 66	https://www.egreenway.com/taichichuan/chenindex.htm
Childhood Home	SEN 12	L 12 Visiting a Childhood Home
Choice Worthy Friendships	SEN 09	L 9 Friendship and Self-Sufficiency
Choices Decisions Options	STOA 01	Control and Choice 1/1 p. 9 Epictetus Free Will
Choosing Correctly Now	STOA 19	Wherever You Go, There Your Choice Is 1/19 p. 27 Epictetus How
Choosing Good Ends	SEN 15	L 15 Exercise for the Body and the Mind Use Philosophy to Select
Choosing Good Habits	STOA 16	Never Do Anything Out of Habit 1/16 p. 24 Musonius Rufus Change?
Chopping	TFR 08	Who Gathers and Chops Firewood for the Cook's Kitchen?
Christianity Criticism	PG 75	Why I Am Not a Christian B. Russell https://amzn.to/44PN9oM
Cicero	STOA 00	Cicero (107-7 BCE) Roman Author, Wealthy, Politician, Stoic?
Circle of Control	STOA 13	Circle of Control 1/13 p. 21 Use of Moral Will and Reasoning
Circles of Life	SEN 12	L 12 Visiting a Childhood Home Time Cycles, Young to Old, Aging
Circumstances of Life	STOA 19	Wherever You Go, There Your Choice Is 1/19 p. 27 Epictetus When
Clapping Applause	TFR 19	The Roshi's Clapping Cellphone
Clarity About Priorities	STOA 25	The Only Prize 1/25 p. 33 Aurelius What is Most Important!!
Clear Direction	SEN 02	L 2 Beneficial Reading Program Don't Wander About Aimlessly
Clear Functions of Mind	STOA 07	Seven Clear Functions of the Mind 1/7 p. 15 Aurelius Good Thinking
Cloud Hands Blog	PG 22	http://mpgtaijiquan.blogspot.com/ By Michael P. Garofalo 2005-
Cognitive Behavior Therapy	PG 68	Stoicism and the Art of Happiness Book https://amzn.to/3K9mKdJ
Colorful Dragons	TFR 24	Shifu Miao Zhang asked, "Meeting the Black Dragon What Say You?"
Commitment	SEN 36	L 36 Helping Another Maintain His Commitment
Common Beliefs Customs	SEN 14	L 14 Safety in a Dangerous World Don't Openly Challenge the Herd
Communication	TFR 05	Shifu Miao Zhang Grasped the Master's Cane
Concordance Koans	PG 33	https://www.egreenway.com/buddhism/koans.htm
Conformity Social	SEN 05	L 5 Our Inward and Outward Lives Clothing, Appearance, Customs
Confused	TFR 13	How Could He Make Up His Mind
Confused Indulgent Wild	STOA 11	If You Want to Be Unsteady 1/11 p. 19 Epictetus Poor Judgment Acts
Conquering	SEN 30	L 30 On Conquering the Conqueror XXX
Consciousness	TFR 26	Assumptions Guide the Way
Consistent Practice	SEN 20	L 20 The Importance of Being Consistent

Subject, Teacher, Theme	Case #	Case Title
Contemplation Experience	PG 77	Transparency of Things By Rupert Spira https://amzn.to/44sA058
Contemplation Meditation	STOA 00	Stillness is the Key by Ryan Holiday https://amzn.to/44IISJX
Contrasts	TFR 15	Uncle Mike's "Dangling Dichotomies"
Control Management	STOA 09	What We Control and What We Don't 1/9 p. 17 Epictetus
Control Not Possible	STOA 04	Big Three 1/4 p. 12 Aurelius Accept What is Outside Your Control
Control or Not	STOA 12	One Path to Serenity 1/12 p. 20 Epictetus Use Reasoned Judgment
Conversations	SEN 38	L 38 On Quiet Conversation XXXVIII
Cooking Kitchen Fire	TFR 00	https://www.egreenway.com/buddhism/fireplace.htm#Hearth
Counting Sequence	TFR 25	Simple As: 0123456789...
Courage	SEN 24	L 24 Courage in a Threatening Situation
Courage Fearlessness	SEN 04	L 4 Coming to Terms with Death Calm, Fearlessness, Realism, Stoic
Courtesan's Clothing	PG 33	Ikkyu (1394-1481) Red Thread Zen Involvement with Sex, Passions
Creativity Art Skills	TFR 20	Fred's Magic String
Critiques of Religion	PG 75	Breaking the Spell by Daniel Dennett https://amzn.to/3Q8NJdk
Critiques of Religion	PG 75	https://www.egreenway.com/reason/naturalism.htm
Crowds	SEN 07	L 7 On Crowds VII Mobs, Riots, Protests, Events; Avoiding Crowds
Cut Away Uses Thoughts	STOA 14	Cut the Strings that Pull Your Mind 1/14 p. 22 Aurelius
Daily Reflection Exercise	STOA 12	One Path to Serenity 1/12 p. 20 Epictetus Morning Noon & Night
Daily Reflection Writing	STOA 00	Daily Stoic Journal by Ryan Holiday https://amzn.to/3D9Wz2M
Daily Stoic Book	STOA 00	https://amzn.to/3MJbeYm The Daily Stoic, Edited Ryan Holiday
Daily Stoic Book	STOA 00	https://amzn.to/3MJbeYm Wisdom, Perseverance, Art of Living
Danda	TFR 05	Shifu Miao Zhang Grasped the Master's Cane
Daoist Indexes	PG 44	https://www.egreenway.com/buddhism/koans.htm
Deaf	TFR 12	Falling on Deaf Ears
Death	SEN 04	L 4 Coming to Terms with Death
Death	SEN 24	L 24 On Despising Death XXIV
Death	TFR 14	Bill Asked "Did Freya's Puppy Have Buddha Nature?"
Death Torture Disease	SEN 14	L 14 Safety in a Dangerous World
Decay Destruction Aging	SEN 12	L 12 Visiting a Childhood Home Worn Down, Unrecognizable, Changed
December 21	PG 61	https://www.egreenway.com/druids/st2p.htm Winter Solstice
Decisions	TFR 13	How Could He Make Up His Mind

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Decisions Options	TFR 13	How Could He Make Up His Mind
Degradation Perversion	TFR 23	Belushi's "Enough is Not Enough"
Desires	SEN 39	L 39 Healthy and Unhealthy Desires
Determination	TFR 10	Three Requirements for the Study of Zen
Determination Struggle	PG 44	Carp Jumps Over the Dragon Gate Chinese Myth
Dhammapada Sutta	PG 33	https://www.egreenway.com/meditation/dharmapada1.htm
Dharma	TFR 03	Why Did the Bodhidharma Walk So Far Away?
Dialogue	TFR 05	Shifu Miao Zhang Grasped the Master's Cane
Diary Journaling	STOA 00	See Journaling Diary
Dichotomies Opposites	TFR 15	Uncle Mike's "Dangling Dichotomies"
Dimwit	TFR 12	Falling on Deaf Ears
Diogenes	STOA 00	Diogenes (230-142 BCE) Diplomat, Philosopher
Directionlessness	STOA 05	Clarify Your Intentions 1/5 p. 13 Seneca Failure Madness Worthless
Discourses Epictetus	EPI 00	Book Epictetus Discourses 2014 https://amzn.to/44RuDwj
Distractions Impediments	STOA 06	Where Who What and Why 1/6 p. 14 Aurelius Knowing Yourself
Dogen Studies Project	PG 33	https://www.egreenway.com/buddhism/dogenstudies.htm
Dogs	TFR 14	Bill Asked "Did Freya's Puppy Have Buddha Nature?"
Don't be Bossy Authortaria	PG 50	Practical Advice for Living with Caveats Mind Your Own Business
Don't Meddle Wu Wei	PG 50	Practical Advice for Living with Caveats Leave Others to Themselves
Doubt	TFR 10	Three Requirements for the Study of Zen
Dragon	PG 44	Puff the Magic Dragon Peter Paul Mary
Dragon Becoming Efforts	PG 44	Carp Jumps Over the Dragon Gate Chinese Myth
Dragon Gate	PG 44	Carp Jumps Over the Dragon Gate Chinese Myth
Dragon Qigong	PG 66	https://www.egreenway.com/qigong/dragons.htm
Dragons	TFR 06	Yunmen's Cane Turned Into a Dragon and Swallowed the Universe
Dragons	TFR 24	Shifu Miao Zhang asked, "Meeting the Black Dragon What Say You?"
Dragons Tales Stories	TFR 24	Shifu Miao Zhang asked, "Meeting the Black Dragon What Say You?"
Drug Addiction Death	TFR 23	Belushi's "Enough is Not Enough"
Druid Seasonal Calendar	PG 61	https://www.egreenway.com/druids/index.htm
Druids Neo-Pagan	PG 50	https://www.egreenway.com/druids/index.htm
Dying	SEN 30	L 30 An Epicurean on His Deathbed

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Dying Disillusioned	SEN 29	L 29 A Disillusioned Friend
Dying, Death	SEN 04	L 4 Coming to Terms with Death Calm, Fearlessness, Realism, Stoic
Ear	TFR 01	Can You Grasp Emptiness?
Education	TFR 11	Give Up Learning
Education Learning Know	STOA 02	Education is Freedom 1/2 p. 10 Epictetus Education Learning
Ego	STOA 00	Ego is the Enemy by Ryan Holiday https://amzn.to/3Oclxoo
Eight Brocades Qigong	PG 66	https://www.egreenway.com/taichichuan/esb.htm
Eight Part Qigong Form	PG 66	https://www.egreenway.com/taichichuan/esb.htm
Eihei Dogen Study Project	PG 33	https://www.egreenway.com/buddhism/dogenstudies.htm
Embarassment Shame	SEN 11	L 11 On the Blush of Modesty XI Modesty, Embarassment, Shame
Emergency Preparedness	SEN 13	L 13 Rehearsing, Prepping, Disaster Plans, Preparing for Troubles
Emptiness	TFR 01	Can You Grasp Emptiness?
Encounters	TFR 09	Meeting Chang San-Feng on Mount Shasta
Enemies Avoided	SEN 03	L 3 Trusting One's Friends Avoid Withdraw from Enemies or Evil
Enlightenment	TFR 08	Who Gathers and Chops Firewood for the Cook's Kitchen?
Enlightenment Gradual	TFR 21	Shifu Miao Zhang's "Gradual Enlightenment"
Enough is Enough	TFR 23	Belushi's "Enough is Not Enough"
Epictetus	EPI 00	Epictetus (50-135 CE) https://en.wikipedia.org/wiki/Epictetus
Epictetus	EPI 00	Epictetus (50-135 CE) Book Discourses https://amzn.to/44RuDwj
Epictetus	STOA 00	Epictetus (50-135 CE) Stoic Author Teacher Freed Slave
Epictetus	STOA 00	https://amzn.to/3MJbeYm The Daily Stoic, By Ryan Holiday
Epictetus Discourses	EPI 00	Book Epictetus Discourses 2014 https://amzn.to/44RuDwj
Epicurean Dying	SEN 29	L 29 On the Critical Condition of Marcellinus XXIX
Epipany Insight Mystical	PG 50	https://www.gardendigest.com/myst1.htm
Equanimity Despite Losses	SEN 09	L 9 Friendship and Self-Sufficiency We Need Others, Helping
Equanimity Quotations	PG 50	https://www.egreenway.com/virtues/equanimity.htm
Error	TFR 13	How Could He Make Up His Mind
Establish the Plan FIRST	STOA 05	Clarify Your Intentions 1/5 p. 13 Seneca Plan for the Future
Ethics Greek Philosophy	STOA 00	https://amzn.to/3MJbeYm The Daily Stoic Book, By Ryan Holiday
Ethics Virtues	PG 50	https://www.egreenway.com/virtues/index.htm
Euthymia Tranquility	STOA 15	Peace is in Staying the Course 1/15 p. 23 Seneca Peaceful Content

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Evening Ritual	STOA 22	Day in Review 1/22 p. 30 Seneca Reflect on Your Actions Today
Events that Don't Happen	SEN 13	L 13 Anxieties About the Future Worry Fear About Bad Future Events
Examinations Testing	PG 44	Carp Jumps Over the Dragon Gate Passing Ancient Imperial Exams
Excess Greed Desires	TFR 23	Belushi's "Enough is Not Enough"
Exercises	SEN 15	L 15 Exercise for the Body and the Mind
Existence and Time	TFR 17	Yaoshan's "For the Time Being" Universe Being-Time Things
Existence Knowledge	TFR 26	Assumptions Guide the Way
Experience Here-Now	PG 77	Transparency of Things By Rupert Spira https://amzn.to/44sA058
Expression	TFR 05	Shifu Miao Zhang Grasped the Master's Cane
External Events Influence	STOA 11	If You Want to Be Unsteady 1/11 p. 19 Epictetus Poor Judgment Acts
Externals Uncontrollable	STOA 01	Control and Choice 1/1 p. 9 Epictetus Fixed, Set, Determined
Face to Face	SEN 06	L 6 Intimacy Within Friendship Direct Communication, Personal Talk
Failure's Lessons	SEN 13	L 13 Anxieties About the Future We Learn from Them
Faith	TFR 10	Three Requirements for the Study of Zen
Faith Critique	PG 75	End of Faith by Sam Harris https://amzn.to/44ZQemB
Fear	SEN 04	L 4 Coming to Terms with Death Calm, Fearlessness, Realism, Stoic
Fears Terrified	TFR 24	Meeting the Black Dragon Upon Awakening
February Garden	PG 41	https://www.gardendigest.com/monfeb.htm
Feelings and Handling Pain	SEN 09	L 9 Friendship and Self-Sufficiency Overcoming Setbacks, Friends
Fellow Feeling	SEN 05	L 5 Our Inward and Outward Lives Join with Good People, Be Ordinary
Festivals	SEN 18	L 18 On Festivals and Fasting XVIII
Fingers Hands Uses	PG 55	https://www.egreenway.com/reason/touch.htm
Fire Fireplace Stove	TFR 00	https://www.egreenway.com/buddhism/fireplace.htm#Hearth
Fireplace	TFR 08	Who Gathers and Chops Firewood for the Cook's Kitchen?
Fireplace Fire Home	TFR 17	Yaoshan's "For the Time Being" Fireplace Reading Snowing
Fireplace Records	TFR 00	https://www.egreenway.com/buddhism/fireplace.htm
Fireplace Records Chap 01	TFR 01	Can You Grasp Emptiness?
Fireplace Records Chap 02	TFR 02	What Transcends Lao Tzu?
Fireplace Records Chap 03	TFR 03	Why Did the Bodhidharma Walk So Far From Home?
Fireplace Records Chap 04	TFR 04	Harvesting Some Onions From Our Garden
Fireplace Records Chap 05	TFR 05	Shifu Miao Zhang Grasped the Master's Cane

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Fireplace Records Chap 06	TFR 06	Yunmen's Cane Turned Into a Dragon and Swallowed the Universe
Fireplace Records Chap 07	TFR 07	The Teacher Mentors His Students
Fireplace Records Chap 08	TFR 08	Who Gathers and Chops Firewood for the Cook's Kitchen?
Fireplace Records Chap 09	TFR 09	Meeting Chang San-Feng on Mount Shasta
Fireplace Records Chap 10	TFR 10	Three Requirements for the Study of Zen
Fireplace Records Chap 11	TFR 11	Give Up Learning
Fireplace Records Chap 12	TFR 12	Falling on Deaf Ears
Fireplace Records Chap 13	TFR 13	How Could He Make Up His Mind
Fireplace Records Chap 14	TFR 14	Bill Asked "Did Freya's Puppy Have Buddha Nature?"
Fireplace Records Chap 15	TFR 15	Uncle Mike's "Dangling Dichotomies"
Fireplace Records Chap 16	TFR 16	Prajnatara's "It's the Attitude that Counts"
Fireplace Records Chap 17	TFR 17	Yaoshan's "For the Time Being"
Fireplace Records Chap 17	TFR 17	Yaoshan's "For the Time Being"
Fireplace Records Chap 18	TFR 18	Sozan's "Flowers or Seeds?"
Fireplace Records Chap 19	TFR 19	The Roshi's Clapping Cellphone
Fireplace Records Chap 20	TFR 20	Fred's Magic Strings
Fireplace Records Chap 21	TFR 21	Shifu Miao Zhang's "Gradual Enlightenment"
Fireplace Records Chap 22	TFR 22	Suzuki Walks in the Fog
Fireplace Records Chap 23	TFR 23	Belushi's "Enough is Not Enough"
Fireplace Records Chap 24	TFR 24	Shifu Miao Zhang asked, "Meeting the Black Dragon - What Say You?"
Fireplace Records Chap 25	TFR 25	Simple As: 0123456789...
Fireplace Records Chap 26	TFR 26	Assumptions Guide the Way
Fireplace Records Index	TFR 00	https://www.egreenway.com/buddhism/FireSubject.pdf
Fireplaces Stoves Cooking	TFR 00	https://www.egreenway.com/buddhism/fireplace.htm#Hearth
Firewood	TFR 08	Who Gathers and Chops Firewood for the Cook's Kitchen?
Firewood Woodcutter	TFR 00	https://www.egreenway.com/buddhism/fireplace.htm#Hearth
Five Senses	PG 55	https://www.egreenway.com/reason/fivesenses.htm
Flowers Quotations	PG 41	https://www.gardendigest.com/flowers.htm
Flowers Seeds Plants	TFR 18	Sozan's "Flowers or Seeds?"
Focus on Priorities A-List	STOA 14	Cut the Strings that Pull Your Mind 1/14 p. 22 Aurelius
Focus on Your Actions	PG 50	Practical Advice for Living with Caveats Don't Let Others Sidetack You

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Fog Wet Damp	TFR 22	Suzuki Walks in the Fog
Formlessness Beginning	TFR 20	Fred's Magic String
Fortune Fate Facts	SEN 13	L 13 Anxieties About the Future Out of Our Control, Adapt, Tough
Fortune Fate Universe	SEN 13	L 13 What Happens, Facts, Not a Christian God, Dao, Flow of Life
Fragments Epictetus	EPI 00	Book Epictetus Discourses 2014 https://amzn.to/44RuDwj
Francis Lucille	PG 77	Non-Duality Advaita Vedanta https://francislucille.com/
Free Self-Sufficient	STOA 25	The Only Prize 1/25 p. 33 Aurelius Liberated from Passions
Free Thought	PG 75	https://www.egreenway.com/reason/naturalism.htm
Freedom	SEN 07	L 7 Avoiding the Crowd Solitude, Quiet, Peace, Safety
Freedom of Choice	STOA 19	Wherever You Go, There Your Choice Is 1/19 p. 27 Epictetus Options
Freedom to Abstain	STOA 08	Seeing Our Addictions 1/8 p. 16 Seneca Bad Habits Addictions
Friendship	SEN 03	L 3 Trusting One's Friends
Friendship	TFR 03	Why Did the Bodhidharma Walk So Far Away?
Friendship and Privacy	SEN 09	L 9 Friendship and Self-Sufficiency
Friendship Intimacy	SEN 06	L 6 Intimacy Within Friendship
Future and Anxiety	SEN 13	L 13 Anxieties About the Future Worry Fear About Bad Future Events
Future Worries Anxiety	SEN 05	L 5 Our Inward and Outward Lives Beware of Future Speculations
Gaius Musonius Rufus	STOA 00	Gaius Musonius Rufus (25-95 CE) Roman Stoic, Teacher, Advisor
Garden	TFR 04	Harvesting Some Onions From Our Garden
Garden of Philosophy	PG 10	Philosopher's Garden Database by Michael P. Garofalo
Gardening & Spirituality	PG 41	https://www.gardendigest.com/quotes.htm
Gardening Monthly Plan	PG 41	Gardening Months https://www.gardendigest.com/monindex.htm
Gardening Quotations	PG 41	Gardening Quotations https://www.gardendigest.com/quotes.htm
Garofalo, Michael P.	PG 22	Green Way Research: https://www.egreenway.com/index.htm
Garofalo, Michael P.	TFR 00	The Fireplace Records TFR by Michael P. Garofalo
Garofalo, Michael P. Koan	PG 33	https://www.egreenway.com/buddhism/koans.htm
Ghosts	TFR 09	Meeting Chang San-Feng on Mount Shasta
Glamor Wealth Usefulness	STOA 23	Truth About Money 1/23 p. 31 Seneca Usefulness of Material Things
God Critique	PG 75	The God Delusion by Richard Dawkins https://amzn.to/3rJ3rl6
God is Dead, Anti-Religious	PG 33	Sogen p. 207- Contemporary Non-Spiritual Attitudes
Good Acts Virtues	PG 50	https://www.egreenway.com/virtues/index.htm

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Good Choices	STOA 10	If You Want to Be Steady 1/10 p. 18 Epictetus Good Beneficial Sound
Gradual Enlightenment	TFR 21	Shifu Miao Zhang's "Gradual Enlightenment"
Grasping	TFR 05	Shifu Miao Zhang Grasped the Master's Cane
Gratitude for Good Teacher	STOA 24	Push for Deep Understanding 1/24 p. 32 Aurelius Reading Well
Graver, Margaret	SEN 00	Seneca Trans by Margaret Graver & A. Long https://amzn.to/3NTE1Jb
Greek Philosophy Ethics	STOA 00	https://amzn.to/3MJbeYm The Daily Stoic Book, By Ryan Holiday
Green Way Research	PG 22	Green Way Research: https://www.egreenway.com/index.htm
Gregory Hays	AUR 00	Book Meditations Marcus Aurelius https://amzn.to/3Y2viJb
Groundless Fears	SEN 13	L 13 On Groundless Fears XIII Anxiety Fears About the Future
Guide for Life	SEN 16	L 16 On Philosophy, the Guide of Life XVI
Guide to the Good Life	STOA 00	Book by William B. Irvine Stoicism https://amzn.to/3PTh4Iu
Guishan Lingyou	PG 93	Guishan (771-853) Zen Master China Peach Blossoms
Guru Worship Critique	PG 75	Holy Madness Georg Feuerstein https://amzn.to/3O6ECr2
Habits Repeated Value?	STOA 16	Never Do Anything Out of Habit 1/16 p. 24 Musonius Rufus Change?
Hakuin	TFR 10	Three Requirements for the Study of Zen
Half-Way Measures	SEN 22	L 22 On the Futility of Half-Way Measures XXII
Handbook Epictetus	EPI 00	Book Epictetus Discourses 2014 https://amzn.to/44RuDwj
Hands Hold Grasp Fingers	PG 55	https://www.egreenway.com/reason/touch.htm
Happiness and Wealth	STOA 23	Truth About Money 1/23 p. 31 Seneca was a Very Rich Roman Man
Happiness and Wealth	STOA 25	The Only Prize 1/25 p. 33 Aurelius What Really Matters?
Harmless Indulgences	STOA 08	Seeing Our Addictions 1/8 p. 16 Seneca Bad Habits Addictions Ruts
Hearing	TFR 12	Falling on Deaf Ears
Hearing Ears Listening	PG 55	https://www.egreenway.com/reason/hearing.htm
Hearth Fireplace Kitchen	TFR 00	https://www.egreenway.com/buddhism/fireplace.htm#Hearth
Hellenic Ethics	STOA 00	https://amzn.to/3MJbeYm The Daily Stoic Book, By Ryan Holiday
Hellenistic Philosophy	STOA 00	https://amzn.to/3MJbeYm The Daily Stoic Book, By Ryan Holiday
Helping Our Friends	SEN 09	L 9 Friendship and Self-Sufficiency Not Fair-Weather Friend
Here and Now Focus	STOA 19	Wherever You Go, There Your Choice Is 1/19 p. 27 Epictetus Where
Hero Worship	TFR 07	The Teacher Mentors His Students
High School	TFR 07	The Teacher Mentors His Students
History of Fire	TFR 00	https://www.egreenway.com/buddhism/fireplace.htm#Hearth

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Holiday, Ryan	STOA 00	The Daily Stoic Book https://amzn.to/3MJbeYm
Holy Days Neo-Pagan	PG 50	https://www.egreenway.com/druids/index.htm
Huineng	TFR 08	Who Gathers and Chops Firewood for the Cook's Kitchen?
Hysterical Insane	SEN 07	L 7 Avoiding the Crowd Bad Behaviors in Crowds of People
Iconoclastic Buddhism	PG 33	Ikkyu (1394-1481) Red Thread Zen Involvement with Love, People
Idealism vs Realism	TFR 26	Assumptions Guide the Way
Idealistic Monism	PG 77	Adviata Vedanta https://amzn.to/44sA058
Ignorance	TFR 11	Give Up Learning
Illness	TFR 14	Bill Asked "Did Freya's Puppy Have Buddha Nature?"
Illness Old Age Frailty	SEN 04	L 4 Coming to Terms with Death Calm, Fearlessness, Realism, Stoic
Imagination	TFR 09	Meeting Chang San-Feng on Mount Shasta
Imagination Dragons	TFR 24	Shifu Miao Zhang asked, "Meeting the Black Dragon What Say You?"
Immortal	TFR 09	Meeting Chang San-Feng on Mount Shasta
Improvement Progress	STOA 22	Day in Review 1/22 p. 30 Seneca How Can I Improve for Tomorrow?
Independence	SEN 07	L 7 Avoiding the Crowd
Index to Fireplace Record	TFR 00	https://www.egreenway.com/buddhism/FireSubject.pdf
Indexes to Koan Cases	PG 33	https://www.egreenway.com/buddhism/koans.htm
Indifference Apatheia	SEN 09	L 9 Friendship and Self-Sufficiency Epicurean Not Stoic View
Indoctrination	TFR 07	The Teacher Mentors His Students
Inevitable Facts	SEN 04	L 4 Coming to Terms with Death Calm, Fearlessness, Realism, Stoic
Injustice War Corruption	SEN 14	L 14 Safety in a Dangerous World
Inner Citadel	STOA 00	By Pierre Hadot, Marcus Aurelius https://amzn.to/43oj2nt
Inner Life	SEN 05	L 5 Our Inward and Outward Lives Independent, Different
Inner Self-Awareness Focus	PG 33	Sogen p. 207- Less Reliance of Outward (God, Things)
Insightful Verses	SEN 08	L 8 Writing as a Form of Service To Enlighten Others, Wisdom
Instinctual Reactions	SEN 11	L 11 Blushing Embarrassment Shame Anger Emotions
Intelligent Reading	SEN 02	L 2 On Discursiveness in Reading II Selective Careful Choices Reading
Intentions Goals Aims	STOA 05	Clarify Your Intentions 1/5 p. 13 Seneca Purpose Cause Result
Intimacy Friendship	SEN 06	L 6 Intimacy Within Friendship Transforming Each Other, Betterment
Introduction to Zen Trainin	PG 33	Book by Omori Sogen 1996
Introduction to Zen Trainin	PG 33	By Omori Sogen Book 1996 https://amzn.to/3qsvjt3

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Introspection	TFR 11	Give Up Learning
Inward-Outward Balance	SEN 05	L 5 Our Inward and Outward Lives
January Garden	PG 41	https://www.gardendigest.com/monjan.htm
Jnana Mudra Hand Seal	PG 77a	IF Touches TF: Circle, Sun, Emptiness, Wheel of Dharma, Connections
Jnana Mudra Hand Seal	PG 77b	LF+Good, RF-Evil, MF Purify Mind, IFtouchTF Awakned Connected Zero
Jnana Mudra Hand Seal	PG 77c	Wisdom Knowledge Truths Dharma Hand Mudra Seal Gesture
Journaling Diary	STOA 00	Daily Stoic Journal by Ryan Holiday https://amzn.to/3D9Wz2M
Journaling Diary	STOA 00	Great Book of Journaling Eric Maisel https://amzn.to/3Ob3Cyz
Journaling Diary	STOA 00	Inner Citadel Pierre Hadot Marcus Aurelius https://amzn.to/43oj2nt
Journaling Diary	STOA 00	Meditations by Marcus Aurelius https://amzn.to/3rsWncx
Journaling Self-Reflection	STOA 21	Morning Ritual 1/21 p. 29 Epictetus What Am I? What then?
Journaling Self-Reflection	STOA 22	Day in Review 1/22 p. 30 Seneca Review your Actions and Progress
Joyfulness	SEN 23	L 23 Real Joy is a Serious Matter
Judgments Crooked Bad	STOA 10	If You Want to Be Steady 1/10 p. 18 Epictetus Good Beneficial Sound
Judgments Here-Now	STOA 04	Big Three 1/4 p. 12 Aurelius Control Your Perceptions
Judgments Proper Clear	STOA 10	If You Want to Be Steady 1/10 p. 18 Epictetus Reasoned Eustatheia
June 21 Solstice Summer	PG 61	https://www.egreenway.com/druids/st6p.htm
Just Say "No!"	STOA 03	Be Ruthless to the Things That Don't Matter Seneca 1/3 p. 11
Kensho	TFR 02	What Transcends Lao Tzu
Keys to Databases BSL	PG 10	https://www.egreenway.com/buddhism/KTC9.pdf
Kindred Minds	SEN 35	L 35 On the Friendship of Kindred Minds XXXV
Kinhin	PG 66	Meditative Walking used in Zen Practices
Kitchen	TFR 08	Who Gathers and Chops Firewood for the Cook's Kitchen?
Kitchen Stove Fireplace	TFR 00	https://www.egreenway.com/buddhism/fireplace.htm#Hearth
Knowing Justifications	TFR 26	Assumptions Guide the Way
Koan Cases Database	PG 10	https://www.egreenway.com/buddhism/koans.htm
Koans	TFR 11	Give Up Learning
Koans 1,100 Indexed	PG 33	https://www.egreenway.com/buddhism/NewSubject3.pdf
Koans Subject Index	PG 33	https://www.egreenway.com/buddhism/NewSubject3.pdf
Land Spirits Devas Elves	PG 41	https://www.egreenway.com/druids/devas.htm
Language and Touch	PG 55	https://www.egreenway.com/reason/touch.htm

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Language Deconstruction	TFR 15	Uncle Mike's "Dangling Dichotomies"
Lao Tzu	TFR 02	What Transcends Lao Tzu
Lao Tzu	TFR 11	Give Up Learning
Layman Mujiang	TFR 10	Three Requirements for the Study of Zen
Laziness Effortless	STOA 17	Reboot the Real Work 1/17 p. 25 Epictetus Failure to Work Try Learn
Learning	TFR 07	The Teacher Mentors His Students
Learning	TFR 11	Give Up Learning
Learning by Example	SEN 06	L 6 Intimacy Within Friendship Admiring a Friend's Stoical Character
Learning Friendship	SEN 35	L 35 Learning to Be a Friend
Learning How to Live	STOA 02	Education is Freedom 1/2 p. 10 Epictetus Education Knowledge
Learning Maxims	SEN 33	L 33 On the Futility of Learning Maxims XXXIII
Learning Reading Study	SEN 02	L 2 Beneficial Reading Program Read Best Authors, Few Books
Leave Others to Themselves	PG 50	Practical Advice for Living with Caveats Mind Your Own Business
Legends	TFR 03	Why Did the Bodhidharma Walk So Far From Home?
Legends	TFR 09	Meeting Chang San-Feng on Mount Shasta
Lessons Daoist Taoist	PG 44	https://www.egreenway.com/buddhism/koansdup3.htm
Letters from a Stoic	SEN 00	Book 2019 Richard Gunmere L. I-CXXIV https://amzn.to/3Ok5R2y
Letters from a Stoic	STOA 00	Letters From a Stoic Lucius Annaeus Seneca https://amzn.to/3OcZDBt
Letters from Seneca	SEN 00	Letter 1 = Ltr 1 = L1 Letters 1-1 https://amzn.to/3NTE1Jb
Letters on Ethics: To Lucilius	SEN 00	Seneca Trans by Margaret Graver & A. Long https://amzn.to/3NTE1Jb
Lifestyle of Philosophy	PG 68	Philosophy as a Way of Life by P. Hadot https://amzn.to/3q0PZbY
Lifetime Learning	SEN 06	L 6 Intimacy Within Friendship True Sharing, Learning Together
Listening	TFR 01	Can You Grasp Emptiness?
Listening Carefully	PG 55	https://www.egreenway.com/reason/hearing.htm
Live and Let Live	PG 50	Practical Advice for Living with Caveats Rule Yourself, Not Others
Living a Good Life	SEN 09	L 9 Friendship and Self-Sufficiency
Logic Analysis	TFR 15	Uncle Mike's "Dangling Dichotomies"
Long, A. A.	SEN 00	Seneca Trans by Margaret Graver & A. Long https://amzn.to/3NTE1Jb
Love	TFR 14	Bill Asked "Did Freya's Puppy Have Buddha Nature?"
Love Romantic Sex	SEN 09	L 9 Friendship and Self-Sufficiency Passionate Questionable
Lucius Annaeus Seneca	SEN 00	Seneca (4 BCE - 65 CE) Roman Stoic Teacher, Politician, Author

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Lucius Annaeus Seneca	STOA 00	Letters From a Stoic Lucius Annaeus Seneca https://amzn.to/3OcZDBt
Lucretius Titus Carus	STOA 00	Lucretius (99-55 BCE) https://en.wikipedia.org/wiki/Lucretius
Magic Pearl Qigong	PG 66	https://www.egreenway.com/qigong/magicpearlqigong.htm
Making a New Friend	SEN 09	L 9 Friendship and Self-Sufficiency Making and Keeping Friendships
Mantra Quote Reminder	STOA 26	Power of a Mantra 1/26 p. 34 Aurelius A Stoic Important Reminder
Marcel Eschauzier	PG 77	Awakening the Other Way 2023 https://amzn.to/3NZrAwv
Marcus Aurelius	AUR 00	(121-180 CE) Stoic https://en.wikipedia.org/wiki/Marcus_Aurelius
Marcus Aurelius	AUR 00	Book Gregroy Hays Meditations Aurelius https://amzn.to/3Y2viJb
Marcus Aurelius	AUR 00	Emperor of Roman Empire (161-180 CE) Stoic Author
Marcus Aurelius	AUR 00	https://amzn.to/3MJbeYm The Daily Stoic, Edited Ryan Holiday
Martial Arts Staff Cane	PG 66	https://www.egreenway.com/taichichuan/jostaff.htm
Mary's Poetry Reading	TFR 17	Yaoshan's "For the Time Being" Reading Poetry Exaggeration
Master Worship Critique	PG 75	Holy Madness Georg Feuerstein https://amzn.to/3O6ECr2
Maxims Uses	SEN 33	L 33 The Use of Philosophical Maxims
Meditation on Self-Control	STOA 26	Power of a Mantra 1/26 p. 34 Aurelius Power is In Me
Meditation Principles	TFR 16	Prajnatara's "It's the Attitude that Counts"
Meditations Marcus Aureli	AUR 00	Translated by Gregory Hays https://amzn.to/3rsWncx
Meditative Walking	PG 41	https://www.egreenway.com/walking/index.htm
Meeting	TFR 09	Meeting Chang San-Feng on Mount Shasta
Meeting Dragons	TFR 24	What Will You Say? What Will You Do?
Memento Mori	SEN 04	L 4 Coming to Terms with Dath Reflect/Meditate About Dying
Memories	SEN 12	L 12 On Old Age XII Visiting a Childhood Home
Mental Functions	STOA 07	Choice Refusal Yearning Repulsion Preparation Purpose Assent
Mental Health Exercises	PG 68	Philosophy as a Way of Life by P. Hadot https://amzn.to/3q0PZbY
Mental Self-Control	STOA 26	Power of a Mantra 1/26 p. 34 Aurelius A Stoic Important Utterance
Metal Clarity Focused	STOA 14	Cut the Strings that Pull Your Mind 1/14 p. 22 Aurelius
Miao Zhang	TFR 05	Shifu Miao Zhang Grasped the Master's Cane
Miao Zhang	TFR 21	Shifu Miao Zhang's "Gradual Enlightenment"
Michael P. Garofalo	PG 33	Subject Index to 1,001 Zen Buddhist Koans
Michael P. Garofalo	TFR 00	The Fireplace Records TFR by Michael P. Garofalo
Michael P. Garofalo	TFR 04	Harvesting Some Onions From Our Garden

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Mind	TFR 05	Shifu Miao Zhang Grasped the Master's Cane
Mind	TFR 11	Give Up Learning
Mind	TFR 13	How Could He Make Up His Mind
Mind in Circle of Control	STOA 12	One Path to Serenity 1/12 p. 20 Epictetus Manage your Choices
Mind Your Own Business	PG 50	Practical Advice for Living with Caveats Take Care of Your Life First
Mind-Body Practices	PG 55	https://www.egreenway.com/reason/soma.htm
Mind-Body Training	PG 33	By Omori Sogen Book 1996 https://amzn.to/3qsvjt3
Mindfulness	SEN 31	L 31 Prosoche, Mindfulness, Attention, Awareness, Self-Analysis
Mind-Hands Interactions	PG 55	https://www.egreenway.com/reason/touch.htm
Mind's Potential	SEN 31	L 31 Our Mind's Godlike Potential
Mind's Proper Functions	STOA 07	Seven Clear Functions of the Mind 1/7 p. 15 Aurelius Good Thinking
Mistakes	TFR 12	Falling on Deaf Ears
Modesty Ashamed	SEN 11	L 11 Blushing Embarrassment Shame Anger Emotions
Mondos Koans Stories	PG 33	Brief Spiritual Lessons, Stories, Encounters
Money and Satisfaction	STOA 23	Truth About Money 1/23 p. 31 Seneca Real Contentment Elsewhere
Months of the Year	PG 41	Gardening Months https://www.gardendigest.com/monindex.htm
Morals Virtues Behaviors	PG 50	https://www.egreenway.com/virtues/index.htm
Morning Ritual	STOA 21	Morning Ritual 1/21 p. 29 Epictetus Ask Questions of Yourself Daily
Mountains	TFR 09	Meeting Chang San-Feng on Mount Shasta
Mt. Shasta	TFR 09	Meeting Chang San-Feng on Mount Shasta
Mystical Circles Spheres	PG 41	https://www.egreenway.com/meditation/circle.htm
Mystical Experience	PG 50	https://www.gardendigest.com/myst1.htm
Mysticism Nature	PG 50	https://www.gardendigest.com/myst1.htm
Naikan Reflection 1	PG 86a	What Have I Received From _____?
Naikan Reflection 2	PG 86b	What Have I Given to _____?
Naikan Reflection 3	PG 86c	What Troubles and Difficulties Have I Caused _____?
Naikan Self-Reflection	PG 86d	Art of Taking Action by Gregg Krech https://amzn.to/3CSjqjm
Nanquan Puyan (Nansen)	PG 93	https://en.wikipedia.org/wiki/Nanquan_Puyuan (749-835 CE)
Nansen	PG 93	Nanquan Puyan (Nansen) (749-835) China
Nasreddin	TFR 12	Falling on Deaf Ears
Natural Reactions	SEN 11	L 11 Blushing

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Naturalism	PG 75	https://www.egreenway.com/reason/naturalism.htm
Nature Mysticism	PG 50	https://www.gardendigest.com/myst1.htm
Nature Spirits Wee-Folk	PG 41	https://www.egreenway.com/druids/devas.htm
Negative Thoughts	STOA 00	Stop Over Thinking Book by Nick Trenton https://amzn.to/3Dd5XTm
Neo-Pagan Druidry	PG 50	https://www.egreenway.com/druids/index.htm
Neo-Pagan Holidays	PG 50	https://www.egreenway.com/druids/index.htm Sabbats, Holy Days
Noble Aspirations	SEN 39	L 39 On Noble Aspirations XXXIX
Non Verbal	TFR 05	Shifu Miao Zhang Grasped the Master's Cane
Non-Duality	PG 77	Transparency of Things By Rupert Spira https://amzn.to/44sA058
Non-Theistic Buddhism	PG 75	Buddhist Without Beliefs S. Batchelor https://amzn.to/3K4SCQD
Numerical Order Chapters	TFR 00	https://www.egreenway.com/buddhism/FireTitle.pdf
Obaku	TFR 03	Why Did the Bodhidharma Walk So Far Away?
Objectives Goals Intent	STOA 05	Clarify Your Intentions 1/5 p. 13 Seneca Act with Goal in Mind
Obstacles	STOA 00	The Obstacle is the Way by Ryan Holiday https://amzn.to/3pUr35L
Obstacles are the Way	SEN 13	L 13 Adversity Tests Our Resolve to Adjust, Respond, Improve
Obvious Simple Common	TFR 25	Simple As: 0123456789...
Old Age	SEN 26	L 26 On Old Age and Death XXVI
Omori Sogen	PG 33	Omori Sogen Totaishi (1904-1994) Roshi, Administrator, Priest, Sword
One Hand Clapping	TFR 19	The Roshi's Clapping Cellphone
One Liners	TFR 04	Harvesting Some Onions From Our Garden
Onions	TFR 04	Harvesting Some Onions From Our Garden
Opposites Contrasts	TFR 15	Uncle Mike's "Dangling Dichotomies"
Oratory	SEN 40	L 40 Oratory and the Philosopher
Ordering Sequencing	TFR 18	Sozan's "Flowers or Seeds?"
Ordinary	TFR 02	What Transcends Lao Tzu
Ordinary	TFR 13	How Could He Make Up His Mind
Ordinary Mind Rejected	TFR 23	Belushi's "Enough is Not Enough"
Ordinary Objects Beauty	STOA 18	See the World Like a Poet and an Artist 1/18 p. 26 Craftmanship
Ordinary Sequences	TFR 25	Simple As: 0123456789...
Out of Our Control	STOA 09	What We Control and What We Don't 1/9 p. 17 Epictetus
Oxherding Pictures	PG 33	Sogen p. 205-238 Rinzai Version by Priest Kakuan Shien

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Painting Drawing	TFR 18	Sozan's "Flowers or Seeds?"
Parsimonius Speech	SEN 38	L 38 Fewer Words Achieve More
Past Places	SEN 12	L 12 Visiting a Childhood Home Memories, Changes, Unrecognizable
Pat on the Back	TFR 19	The Roshi's Clapping Cellphone
Patriarch Prajnatarā	TFR 16	Prajnatarā's "It's the Attitude that Counts"
Pay Attention	PG 33	Say to Yourself "This is It!"
Pendleton Oregon	TFR 20	Fred's Magic String
Persistence	TFR 10	Three Requirements for the Study of Zen
Persistent Effort	TFR 22	Suzuki Walks in the Fog
Pets	TFR 14	Bill Asked "Did Freya's Puppy Have Buddha Nature?"
PG	PG 10	Philosopher's Garden of Insights Database by Michael P. Garofalo
Phenomenology Self-World	PG 77	Transparency of Things By Rupert Spira https://amzn.to/44sA058
Philosopher's Garden	PG 10	Philosopher's Garden Database by Michael P. Garofalo
Philosopher's Lifestyle	PG 68	Philosophy as a Way of Life by P. Hadot https://amzn.to/3q0PZbY
Philosophy as a Way of Life	STOA 00	By Pierre Hadot, Stoicism: https://amzn.to/3rwmvCZ
Philosophy Benefits	SEN 23	L 23 On the True Joy Which Comes from Philosophy XXIII
Philosophy Ethics	PG 50	https://www.egreenway.com/virtues/index.htm
Philosophy First Priority	SEN 15	L 15 Exercise for the Body and the Mind Avoid Bodybuilding & Diets
Philosophy of Gardening	PG 41	https://www.gardendigest.com/quotes.htm
Philosophy and Friendship	SEN 09	L 9 On Philosophy and Friendship IX
Philosophy Awakening	PG 77	Awakening the Other Way 2023 https://amzn.to/3NZrAwv
Physical Approach Meditat	PG 33	By Omori Sogen Book 1996 https://amzn.to/3qsvjt3
Pilgrimage	TFR 03	Why Did the Bodhidharma Walk So Far From Home?
Pilgrimages Walking	PG 41	https://www.egreenway.com/walking/index.htm
Pinching	TFR 01	Can You Grasp Emptiness?
Plain Common Simple	TFR 25	Simple As: 0123456789...
Plan to the End	STOA 05	Clarify Your Intentions 1/5 p. 13 Seneca Plan for the Future
Pleasure Euphoria Excess	TFR 23	Belushi's "Enough is Not Enough"
Pleasure Excess	TFR 23	Belushi's "Enough Is Not Enough"
Pleasures Sensuality	PG 55	https://www.egreenway.com/virtues/pleasure.htm
Poetry by Mike Garofalo	PG 22	https://www.gardendigest.com/poetry/index.htm

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Poetry Oratory Song	STOA 18	See the World Like a Poet and an Artist 1/18 p. 26 Appreciate Value
Pointless Emotions	STOA 03	Be Ruthless to the Things That Don't Matter Seneca 1/3 p. 11
Positive Psychology	STOA 07	Seven Clear Functions of the Mind 1/7 p. 15 Aurelius Good Thinking
Posterity Writing	SEN 08	L 8 Writing as a Form of Service Requires Work and Seclusion
Practice Consistently	SEN 20	L 20 On Practicing What You Preach XX
Practicing Stoic	STOA 00	Philosophical Users Manual https://amzn.to/3OfqRaU
Pragmatism Philosophy	PG 50	https://www.egreenway.com/reason/pragmatism.htm
Praise Rewards	TFR 19	The Roshi's Clapping Cellphone
Precepts Violated	TFR 23	Belushi's "Enough is Not Enough"
Preferences Likes	TFR 18	Sozan's "Flowers or Seeds?"
Premeditatio Malorum	SEN 13	L 13 Thinking Ahead of Time about Adversity, Emergencies, Disasters
Present Moment	STOA 04	Big Three 1/4 p. 12 Aurelius Perception Action Will Aurelius
Prioritizing	STOA 25	The Only Prize 1/25 p. 33 Aurelius What is Most Important!!
Prizes Achievements Wealt	STOA 25	The Only Prize 1/25 p. 33 Aurelius Goals of Stoic Lifestyle
Process Philosophy	PG 50	https://www.egreenway.com/reason/process.htm
Progress	SEN 32	L 32 On Progress XXXII
Progress in Long Run	STOA 15	Peace is in Staying the Course 1/15 p. 23 Seneca Determined Grit
Progress Slow Steady	TFR 22	Suzuki Walks in the Fog
Progressing Developing	SEN 06	L 6 Intimacy Within Friendship Learning by Example of Stoic's Spirit
Promising Student	SEN 34	L 34 On a Promising Student XXXIV
Proper Work of Your Mind	STOA 07	Seven Clear Functions of the Mind 1/7 p. 15 Aurelius Good Thinking
Proselytizing	TFR 07	The Teacher Mentors His Students
Prosletize	TFR 03	Why Did the Bodhidharma Walk So Far Away?
Prosoche	SEN 31	L 31 Mindfulness, Attention, Awareness, Self-Analysis, Thinking
Psychological Exercises	PG 68	Philosophy as a Way of Life by P. Hadot https://amzn.to/3q0PZbY
Psychology Stoicism	PG 68	Cognitive Behavior Therapy Robertson https://amzn.to/3K9mKdJ
Public Service Assemblies	SEN 07	L 7 Avoiding the Crowd Dangerous, Seductive, Time Consuming
Public Service Cautions	SEN 14	L 14 Safety in a Dangerous World Cato Example Crowds/Mobs
Pulling Onions	TFR 04	Harvesting Some Onions From Our Garden
Puppet Masters	STOA 14	Cut the Strings that Pull Your Mind 1/14 p. 22 Aurelius
Questions	TFR 02	What Transcends Lao Tzu

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Quiet Time Alone	SEN 10	L 10 On Living to Oneself X Solitude, Isolated, Alone, Thinking, Acting
Quiet Time Alone	STOA 21	Morning Ritual 1/21 p. 29 Epictetus What Am I? What then?
Quotations as Guides	STOA 24	Push for Deep Understanding 1/24 p. 32 Aurelius Inspiring Quotes
Quotations Inspirational	STOA 00	Inspirational Atheist https://amzn.to/44CK5wk
Quotations Stoicism	STOA 00	https://www.egreenway.com/virtues/stoicism.htm
Ramana Maharshi	PG 77	https://en.wikipedia.org/wiki/Ramana_Maharshi Advaita Vedanta
Readiness	PG 88a	Say "Fortunately, I am Here to Do This"
Readiness	PG 88b	Say "I Get To _____"! Rather than I Should or I Must
Reading	SEN 21	L 21 How Reading Can Make You Famous
Reading	TFR 13	How Could He Make Up His Mind
Reading Carefully	STOA 24	Push for Deep Understanding 1/24 p. 32 Aurelius Studying Learning
Reading Study Learning	SEN 02	L 2 Beneficial Reading Program
Reason Logic Thought	STOA 13	Circle of Control 1/13 p. 21 Use of Moral Will and Reasoning
Reasoned Judgments	STOA 10	If You Want to Be Steady 1/10 p. 18 Epictetus Grounded Tranquil
Recitation of Key Reminder	STOA 26	Power of a Mantra 1/26 p. 34 Aurelius A Stoic Important Reminder
Red Thread Zen	PG 33	Humanly Entangled in Emptiness by Susan Murphy
Red Thread Zen	PG 33	Ikkyu A Passionate Sensual Man Direct Involvement in Ordinary Life
Reduce Desires Simplify	SEN 05	L 5 Our Inward and Outward Lives Less Acquired, Less Hope, More Tranquili
Reevaluate Your Habits	STOA 16	Never Do Anything Out of Habit 1/16 p. 24 Musonius Judge Consider
Reformation	SEN 25	L 25 On Reformation XXV
Reilience Confidence	STOA 00	Little Book of Stoicism by Jonas Salzgeber https://amzn.to/3pN7XhX
Reliable Helpful	SEN 03	L 3 Trusting One's Friends Respected, Valued, Appreciated, Beneficial
Religion Criticism	PG 75	End of Faith by Sam Harris https://amzn.to/44ZQemB
Religion Criticism	PG 75	God is Not Great by C. Hitchens https://amzn.to/3rLX28I
Remember to Remember	STOA 22	Day in Review 1/22 p. 30 Seneca Daily Review Actions and Progress
Renewal Rebirth Change	STOA 20	Reignite Your Thoughts 1/20 p. 28 Aurelius Restart Resume Continue
Repetition Day after Day	STOA 12	One Path to Serenity 1/12 p. 20 Epictetus
Research	TFR 06	Yunmen's Cane Turned Into a Dragon and Swallowed the Universe
Research Koans Database	PG 33	https://www.egreenway.com/buddhism/koansdup1.htm
Resist Distractions Delays	STOA 14	Cut the Strings that Pull Your Mind 1/14 p. 22 Aurelius
Respecting a Sage	SEN 12	L 12 Visiting a Childhood Home Value our Teachers, Tutors, Guides

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Rest Leisure Gentle	SEN 15	L 15 Exercise for the Body and the Mind Avoid Vigorous Exercises
Retirement	SEN 19	L 19 The Satisfactions of Retirement
Retirement Savings	SEN 17	L 17 Saving for Retirement
Retirement Teaching	SEN 36	L 36 On the Value of Retirement XXXVI
Retreat Into Yourself	SEN 07	L 7 Avoiding the Crowd Seek Solitude and a Few Good Friends
Return to Right Path	STOA 20	Reignite Your Thoughts 1/20 p. 28 Aurelius Reform Youself
Revitalize Resume Good	STOA 20	Reignite Your Thoughts 1/20 p. 28 Aurelius Change Habits
Rewards Admiration	TFR 19	The Roshi's Clapping Cellphone
Rice	TFR 02	What Transcends Lao Tzu
Rich People	STOA 23	Truth About Money 1/23 p. 31 Seneca Lives of Rich People
Riches and Philosophy	SEN 17	L 17 On Philosophy and Riches XVII
Rinzai Zen Buddhist	PG 33	https://www.egreenway.com/buddhism/RinzaiZen2023.htm
Rituals Ceremonies	PG 33	Shamanic Bones of Zen by Earthly Manuel https://amzn.to/3rhLYQL
Robertson, Donald	PG 68	Stoicism and the Art of Happiness Book https://amzn.to/3K9mKdJ
Robin Hard	EPI 00	Book Epictetus Discourses 2014 https://amzn.to/44RuDwj
Rock	TFR 01	Can You Grasp Emptiness?
Rote Memory Routines	STOA 16	Never Do Anything Out of Habit 1/16 p. 24 Musonius Value Worth?
Rumors	TFR 03	Why Did the Bodhidharma Walk So Far From India?
Run and Hide - Don't!	STOA 11	If You Want to Be Unsteady 1/11 p. 19 Epictetus Poor Judgment Acts
Rupert Spira	PG 77	Transparency of Things By Rupert Spira https://amzn.to/44sA058
Ryan Holiday	STOA 00	The Daily Stoic Book https://amzn.to/3MJbeYm
Sacred Circle Garden	PG 41	https://www.egreenway.com/meditation/sacredcirclegarden.htm
Sacred Circles Spheres	PG 41	https://www.egreenway.com/meditation/circle.htm
Safety	SEN 14	L 14 Safety in a Dangerous World
Safety Freedom	SEN 07	L 7 Avoiding the Crowd Many can pollute your mind or are dangerous
Salmon Swims Upstream	PG 44	Carp Jumps Over the Dragon Gate Chinese Myth
Samu Work	TFR 08	Who Gathers and Chops Firewood for the Cook's Kitchen?
San Francisco CA	TFR 22	Suzuki Walks in the Fog
Satisfaction Overall Years	STOA 15	Peace is in Staying the Course 1/15 p. 23 Seneca Long Term Results
Satisfied With Enough	SEN 09	L 9 Friendship and Self-Sufficiency
Saturnalia	SEN 18	L 18 The Saturnalia Festival

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Saving Time	SEN 01	L 1 On Saving Time Time Management
Sayings	TFR 04	Harvesting Some Onions From Our Garden
Scriptures Recitation	TFR 16	Prajnatara's "It's the Attitude that Counts"
Seasons for Gardening	PG 41	Gardening Months https://www.gardendigest.com/monindex.htm
Seclusion Solitude Writing	SEN 08	L 8 On the Philosopher's Seculsion VII Solitude Needed for Writing
Seeds Flowers	TFR 18	Sozan's "Flowers or Seeds?"
Seeing Clearly	PG 55	https://www.egreenway.com/reason/vision.htm
Seeing Vision Beauty	STOA 18	See the World Like a Poet and an Artist 1/18 p. 26 Visual Arts
Seigen	TFR 03	Why Did the Bodhidharma Walk So Far Away?
Self-Assesment Evaluation	STOA 22	Day in Review 1/22 p. 30 Seneca Daily Review Actions and Progress
Self-Centered Selfish	STOA 00	Ego is the Enemy by Ryan Holiday https://amzn.to/3Oclxoo
Self-Control Discipline	STOA 09	What We Control and What We Don't 1/9 p. 17 Epictetus
Self-Control of Habits	STOA 08	Seeing Our Addictions 1/8 p. 16 Seneca Bad Habits Addictions
Self-Evaluation	STOA 21	Morning Ritual 1/21 p. 29 Epictetus Ask Questions of Yourself Daily
Self-Knowledge	STOA 06	Where Who What and Why 1/6 p. 14 Aurelius Knowing Yourself
Self-Knowledge Freedom	STOA 02	Education is Freedom 1/2 p. 10 Epictetus Education Knowledge
Self-Reflection	SEN 10	L 10 Communing With Oneself Self-Analysis, Reflection, Evaluation
Self-Reflection	STOA 21	Morning Ritual 1/21 p. 29 Epictetus What Am I? What then?
Self-Reflection	STOA 22	Day in Review 1/22 p. 30 Seneca Review your Actions and Progress
Self-Reflection Questions	PG 86e	Naikan: Art of Taking Action by Gregg Krech https://amzn.to/3CSjqjm
Self-Respect Integrity	STOA 25	The Only Prize 1/25 p. 33 Aurelius Prize Your Wisdom Self-Control
Self-Sufficient	SEN 09	L 9 Friendship and Self-Sufficiency Sharing Life's Challenges
SEN	SEN 00	Seneca, Lucius Annaeus Seneca (4 BCE - 65 CE) Roman Stoic Author
Seneca	STOA 00	https://amzn.to/3MJbeYm Wisdom, Perseverance, Art of Living
Seneca	STOA 00	https://en.wikipedia.org/wiki/Seneca_the_Younger
Seneca	STOA 00	Seneca (4 BCE- 65 CE) Statesman Satirist Essayist Wealthy
Seneca Bibliography	SEN 00	https://www.egreenway.com/buddhism/koans.htm#SEN
Seneca Blog	SEN 00	https://mpgtaijiquan.blogspot.com/search/label/Stoicism
Seneca"s Letters	SEN 00	Seneca Trans by Margaret Graver & A. Long https://amzn.to/3NTE1Jb
Seneca, Lucius Annaeus	SEN 00	Seneca (4 BCE - 65 CE) Roman Stoic Teacher, Politican, Author
Sensations Perceptions	PG 55	https://www.egreenway.com/reason/fivesenses.htm

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Sentient Beings	TFR 14	Bill Asked "Did Freya's Puppy Have Buddha Nature?"
Serenity Calm Peaceful	STOA 10	If You Want to Be Steady 1/10 p. 18 Epictetus Tranquil Samadhi
Serenity Peace of Mind	STOA 12	One Path to Serenity 1/12 p. 20 Epictetus
Sever the Red Thread	PG 33	Why Can't the Clear Eyed Bodhisattva Sever the Red Thread? Ikkyu
Shamanic Bones of Zen	PG 33	By Zenju Earthlyn Manuel Book https://amzn.to/3rhLYQL
Sharing Knowledge	SEN 06	L 6 On Sharing Knowledge VI Teaching, Learning, Improving
Shifu Miao Zhang	TFR 21	Shifu Miao Zhang's "Gradual Enlightenment"
Shifu Miao Zhang	TFR 24	https://www.egreenway.com/taichichuan/jostaff.htm#Zhang
Shih Kung	TFR 01	Can You Grasp Emptiness?
Shiktanza Zazen Meditate	TFR 16	Prajnatara's "It's the Attitude that Counts"
Shunryu Suzuki	TFR 22	Suzuki Walks in the Fog
Sickness Illness Death	TFR 14	Bill Asked "Did Freya's Puppy Have Buddha Nature?"
Simple Free Unhindered	STOA 09	What We Control and What We Don't 1/9 p. 17 Epictetus
Simple Living	STOA 25	The Only Prize 1/25 p. 33 Aurelius What Really Matters?
Simplicity Ordered	TFR 25	Simple As: 0123456789...
Simplify Economise	STOA 14	Cut the Strings that Pull Your Mind 1/14 p. 22 Aurelius
Siren Songs	SEN 31	L 31 On Siren Songs XXXI
Skepticism	TFR 03	Why Did the Bodhidharma Walk to China?
Skepticism Atheism	PG 75	End of Faith by Sam Harris https://amzn.to/44ZQemB
Sleep Relax Surrender	STOA 12	One Path to Serenity 1/12 p. 20 Epictetus
Slovenly Cynics	SEN 05	L 5 Our Inward and Outward Lives Be Neat, Clean, Groomed, Ordinary
Smelling Scents Nose	PG 55	https://www.egreenway.com/reason/smell.htm
Social Amusements	STOA 03	Be Ruthless to the Things That Don't Matter Seneca 1/3 p. 11
Social Duties Involved	STOA 11	If You Want to Be Unsteady 1/11 p. 19 Epictetus Poor Judgment Acts
Social Persona	SEN 05	L 5 Our Inward and Outward Lives Blend In but Don't Follow Mob
Sogen, Omori	PG 33	Introduction to Zen Training https://amzn.to/3qsvjt3
Solitude	SEN 10	L 10 Communing With Oneself
Solitude Quotations	PG 50	https://www.egreenway.com/virtues/solitude.htm
Somaesthetics	PG 55	https://www.egreenway.com/reason/soma.htm
Something From Nothing	TFR 20	Fred's Magic String
Speaking to Dragons	TFR 24	Shifu Miao Zhang asked, "Meeting the Black Dragon What Say You?"

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Spell	TFR 09	Meeting Chang San-Feng on Mount Shasta
Spirit of Gardening	PG 41	Gardening Quotations https://www.gardendigest.com/quotes.htm
Spirits Ghosts Wee-Folk	PG 41	https://www.egreenway.com/druids/devas.htm
Spiritual Exercises	PG 68	Philosophy as a Way of Life by P. Hadot https://amzn.to/3q0PZbY
Spirituality & Gardening	PG 41	https://www.gardendigest.com/quotes.htm
Spirituality Nature	PG 50	https://www.gardendigest.com/spirit.htm
Spring Warming Air	PG 41	https://www.gardendigest.com/spring.htm
Staff	TFR 05	Shifu Miao Zhang Grasped the Master's Cane
Staff Cane Martial Arts	PG 66	https://www.egreenway.com/taichichuan/jostaff.htm
Staff Cane Stick	TFR 21	Shifu Miao Zhang's "Gradual Enlightenment"
Start Living Again	STOA 20	Reignite Your Thoughts 1/20 p. 28 Aurelius Restart Yourself Daily
Staying the Course	STOA 15	Peace is in Staying the Course 1/15 p. 23 Seneca Stick to Your Path
Steadiness Stability	STOA 10	If You Want to Be Steady 1/10 p. 18 Epictetus Grounded Tranquil
Stephen Hanselman	STOA 00	The Daily Stoic Book https://amzn.to/3MJbeYm
Stick Cane Whisk	PG 66	https://www.egreenway.com/taichichuan/cane.htm
Stick in the Mud	TFR 21	Shifu Miao Zhang's "Gradual Enlightenment"
Stillness	STOA 00	Stillness is the Key by Ryan Holiday https://amzn.to/44IISJX
STOA	STOA 00	The Daily Stoic Book https://amzn.to/3MJbeYm
Stoic Exercises Practices	STOA 00	By Pierre Hadot, Marcus Aurelius https://amzn.to/43oj2nt
Stoic Exercises Practices	STOA 00	By Pierre Hadot, Stoicism: https://amzn.to/3rwmvCZ
Stoic Exercises Practices	STOA 00	Stillness is the Key by Ryan Holiday https://amzn.to/44IISJX
Stoic Exercises Practices	STOA 21	Morning Ritual 1/21 p. 29 Epictetus Ask Questions of Yourself Daily
Stoic Exercises Practices	STOA 22	Day in Review 1/22 p. 30 Seneca Daily Review Actions and Progress
Stoic Exercises Practices	STOA 26	Power of a Mantra 1/26 p. 34 Aurelius Reminding Yourself with Word
Stoic Philosophy	EPI 00	Book Epictetus Discourses 2014 https://amzn.to/44RuDwj
Stoic School Purpose Aims	STOA 17a	Reboot the Real Work 1/17 p. 25 Epictetus Aim of Philosophy Curing
Stoic School Purpose Aims	STOA 17b	Unhindered mind, free from compulsive behavior, unrestrained, free
Stoic School Purpose Aims	STOA 17c	Flourishing, happy, seeking Divine support, happy, completing work
Stoic Spiritual Exercise	SEN 04	L 4 Coming to Terms with Death Often Reflect/Meditate About Death
Stoicism and Buddhism	PG 33	Buddhist and Stoic Wisdom Skeptical Age https://amzn.to/43zZn43
Stoicism and Buddhism	PG 33	More Than Happiness by Antonia Macaro https://amzn.to/43zZn43

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Stoicism and Buddhism	PG 33	Stoicism and Western Buddhism by Usher https://amzn.to/3rCnwtP
Stoicism Bibliography	SEN 00	https://www.egreenway.com/virtues/stoicism.htm
Stoicism Resources	STOA 00	https://www.egreenway.com/virtues/stoicism.htm
Stoicism Stoics	STOA 00	The Daily Stoic, Edited by Ryan Holiday Book 2016 421 pages
Stoicism Text Authority	STOA 00	https://amzn.to/3MJbeYm Wisdom, Perseverance, Art of Living
Stoics Biographies	STOA 00	Ryan Holiday Lives of the Stoics https://amzn.to/3pK5IMp
Stop Over Thinking	STOA 00	Stop Over Thinking Book by Nick Trenton https://amzn.to/3Dd5XTm
Storytelling	TFR 20	Fred's Magic String
Stove	TFR 08	Who Gathers and Chops Firewood for the Cook's Kitchen?
Stove Furnace Fireplace	TFR 00	https://www.egreenway.com/buddhism/fireplace.htm#Hearth
Stpoc Exercises Practices	STOA 00	Daily Stoic Journal by Ryan Holiday https://amzn.to/3D9Wz2M
Striking	TFR 05	Shifu Miao Zhang Grasped the Master's Cane
String Figures Art	TFR 20	Fred's Magic String
Studies in Stoicism	STOA 00	https://www.egreenway.com/virtues/stoicism.htm
Study	TFR 10	Three Requirements for the Study of Zen
Study and Practice	SEN 16	L 16 Daily Study and Practice
Study Learning Happiness	SEN 27	L 27 Real Joy Depends on Real Study
Study Reading Memorizing	SEN 02	L 2 Beneficial Reading Program Read Best Authors, Few Books
Stylish Writing	SEN 40	L 40 On the Proper Style for a Philosophers Discourse XL
Subject Index Koans	PG 33	https://www.egreenway.com/buddhism/NewSubject3.pdf
Subject Indexes	PG 10	https://www.egreenway.com/buddhism/koans.htm
Submission Unquestioning	PG 75	End of Fatith by Sam Harris https://amzn.to/44ZQemB
Suchness Tathātā Thusness	PG 77	Transparency of Things By Rupert Spira https://amzn.to/44sA058
Sudden Enlightenment	TFR 21	Shifu Miao Zhang's "Gradual Enlightenment"
Summer Hot Fire	PG 41	https://www.gardendigest.com/summer.htm
Summer Solstice	PG 61	https://www.egreenway.com/druids/st6p.htm
Supernatural Beings	TFR 24	Shifu Miao Zhang asked, "Meeting the Black Dragon What Say You?"
Superstition Critique	PG 75	End of Fatith by Sam Harris https://amzn.to/44ZQemB
Surrender to God or Fate	STOA 12	One Path to Serenity 1/12 p. 20 Epictetus When beyond our control
Suzuki, D. T.	PG 93a	Daisetsu Suzuki (1870-1966)
Suzuki, Daisetsu T.	PG 93b	https://en.wikipedia.org/wiki/D._T._Suzuki

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Swallow Gulp Drink	TFR 06	Yunmen's Cane Turned Into a Dragon and Swallowed the Universe
Tai Chi Chuan Taijiquan	PG 66	https://www.egreenway.com/taichichuan/index.htm
Taste Mouth Flavor	PG 55	https://www.egreenway.com/reason/taste.htm
Teachers - Dragons	TFR 24	Shifu Miao Zhang asked, "Meeting the Black Dragon What Say You?"
Teachers Guides Friends	SEN 03	L 3 Trusting One's Friends Respected, Valued, Appreciated, Beneficial
Teaching	TFR 07	The Teacher Mentors His Students
Teaching Effectiveness	SEN 25	L 25 Effective Teaching
Temptations Distractions	STOA 14	Cut the Strings that Pull Your Mind 1/14 p. 22 Aurelius
Ten Oxherding Pictures	PG 33	Sogen p. 205-238 Rinzai Zen Version by Priest Kakuan Shien OxH1
Terror Fear Death	SEN 04	L 4 On the Terrors of Death IV Unnecessary Fear of Inevitable
The Fireplace Records	TFR 00	https://www.egreenway.com/buddhism/fireplace.htm
Theology Atheism	PG 75	https://www.egreenway.com/reason/naturalism.htm
Think About Death	SEN 04	L 4 On the Terrors of Death IV Memento Mori, Reflect on Your Death
Thinking	TFR 13	How Could He Make Up His Mind
Thinking Correctly	STOA 07	Seven Clear Functions of the Mind 1/7 p. 15 Aurelius Good Thinking
Three	TFR 10	Three Requirements for the Study of Zen
Throwing	TFR 05	Shifu Miao Zhang Grasped the Master's Cane
Time Consciousness	SEN 12	L 12 Visiting a Childhood Home Cycles of Time and Life, Aging
Time Future	SEN 04	L 4 Coming to Terms with Death Calm, Fearlessness, Realism, Stoic
Time Management	SEN 01	L 1 Taking Charge of Your Time
Time Past Present Future	SEN 01	L 1 Taking Charge of Your Time Effective Use of Time, Precious Time
Time Present Here Now	TFR 17	Yaoshan's "For the Time Being" Here and Now, Present, Being
Time Temporality	TFR 18	Sozan's "Flowers or Seeds?"
Time Wasting	STOA 03	Be Ruthless to the Things That Don't Matter Seneca 1/3 p. 11
Titles Fireplace Records	TFR 00	https://www.egreenway.com/buddhism/FireTitle.pdf
Touching Feeling Sensing	PG 55	https://www.egreenway.com/reason/touch.htm
Tracking Progress Efforts	STOA 22	Day in Review 1/22 p. 30 Seneca Daily Review Actions and Progress
Tranquility Euthymia	STOA 15	Peace is in Staying the Course 1/15 p. 23 Seneca Calm Peaceful
Tranquility Fearlessness	STOA 02	Education is Freedom 1/2 p. 10 Epictetus Education Knowledge
Transcending	TFR 02	What Transcends Lao Tzu
Transparency of Things	PG 77	By Rupert Spira 2008 https://amzn.to/44sA058

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Travel	SEN 28	L 28 Travel is No Cure for Depression
Travel	TFR 03	Why Did the Bodhidharma Walk So Far Away
Travel for Depression	SEN 28	L 28 On Travel as a Cure for Discontent XXVIII
Travel Simple Poor	TFR 16	Prajnatara's "It's the Attitude that Counts"
Travel Wandering	SEN 02	L 2 Beneficial Reading Program Have Clear Destination, Direction
Trees Dying	SEN 12	L 12 Visiting a Childhood Home Trees Grown, Mature, Dying
Trees Quotations	PG 41	https://www.gardendigest.com/trees.htm
True and False Friendships	SEN 03	L 3 True and False Friendships III Evaluate Our "Friends"
True Freedom	SEN 37	L 37 Service to Philosophy is True Freedom
Trusting Your Friends	SEN 03	L 3 Trusting One's Friends Valued Friends and Teachers, Learning
Turning the Scriptures	TFR 16	Prajnatara's "It's the Attitude that Counts"
Ugly Defective Faulty	STOA 18	See the World Like a Poet and an Artist 1/18 p. 26 Facts Reality
Unattached Released	TFR 16	Prajnatara's "It's the Attitude that Counts"
Uncertain Future	SEN 13	L 13 Anxieties About the Future Why Worry? Don't Fret. Be Present
Uncle Mike	TFR 15	Uncle Mike's "Dangling Dichotomies"
Understanding by Reading	STOA 24	Push for Deep Understanding 1/24 p. 32 Aurelius Studying
Universe	TFR 06	Yunmen's Cane Turned Into a Dragon and Swallowed the Universe
Unquestioning Obedience	PG 75	Breaking the Spell by Daniel Dennett https://amzn.to/3Q8NJdk
Unreasonable Choices	STOA 11	If You Want to Be Unsteady 1/11 p. 19 Epictetus Poor Judgment Acts
Using Time Wisely	SEN 01	L 1 Taking Charge of Your Time Effective Use of Time, Precious Time
Value of Material Wealth	STOA 23	Truth About Money 1/23 p. 31 Seneca Lives of Rich People
Value of Time	SEN 01	L 1 Taking Charge of Your Time Effective Use of Time, Precious Time
Vancouver Washington	TFR 14	Bill Asked "Did Freya's Puppy Have Buddha Nature?"
Vancouver Washington	TFR 17	Yaoshan's "For the Time Being" Temporality Present Existence
Verbal Reminders	STOA 26	Power of a Mantra 1/26 p. 34 Aurelius A Stoic Important Utterance
Verbose Writers	STOA 24	Push for Deep Understanding 1/24 p. 32 Aurelius Beware Caution
Vermillion Thread	PG 33	Ikkyu (1394-1481) Red Thread Zen Involvement with Love, People
Victor Frankl	STOA 14	" Victor Frankl "Man is pushed by drives but pulled by values."
Virtue	SEN 37	L 37 On Allegiance to Virtue XXXVII
Virtue Ethics	PG 50	https://www.egreenway.com/virtues/index.htm
Vision Seeing Eyes	PG 55	https://www.egreenway.com/reason/vision.htm

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Voice Training	SEN 15	L 15 Exercise for the Body and the Mind Rhetoric, Singing, Controlling
Walking	SEN 15	L 15 Exercise for the Body and the Mind One Sufficient Exercise
Walking	TFR 03	Why Did the Bodhidharma Come From the West?
Walking in Fog	TFR 22	Suzuki Walks in the Fog
Walking Practices	PG 66	https://www.egreenway.com/walking/index.htm
Walking Spiritual Hiking	PG 41	https://www.egreenway.com/walking/index.htm
Wandering Mind	SEN 02	L 2 L 2 Beneficial Reading Program Settle the Mind, Don't Wander
Wasting Time	STOA 08	Seeing Our Addictions 1/8 p. 16 Seneca Bad Habits Addictions
Wasting Your Time	SEN 01	L 1 Taking Charge of Your Time Effective Use of Time, Precious Time
Way of a Stoic	STOA 00	The Obstacle is the Way by Ryan Holiday https://amzn.to/3pUr35L
We Control	STOA 09	Our Opinions, Choices, Desires, Aversions ... Everything
We Control Reasoning	STOA 13	Circle of Control 1/13 p. 21 Use of Moral Will and Reasoning
We Don't Control	STOA 09	Our Body, Property, Reputation, Luck, Position, Not of Our Own Doing
Weakness of Will	STOA 11	If You Want to Be Unsteady 1/11 p. 19 Epictetus Poor Judgment Acts
Wealth Benefits Constraint	STOA 23	Truth About Money 1/23 p. 31 Seneca Lives of Rich People
Weapon Staff Cane	PG 66	https://www.egreenway.com/taichichuan/jostaff.htm
West	TFR 03	Why Did the Bodhidharma Walk So Far Away?
What Am I? What Then?	STOA 21	Morning Ritual 1/21 p. 29 Epictetus Ask Questions of Yourself Daily
What do You Control?	STOA 01	Control and Choice 1/1 p. 9 Epictetus Externals/Internals Controlled
What Do You Do?	STOA 06	Where Who What and Why 1/6 p. 14 Aurelius Knowing Yourself
Where In This Together	PG 33	Red Thread Zen of Ikkyu
Where You Are, You Are	STOA 19	Wherever You Go, There Your Choice Is 1/19 p. 27 Epictetus Now
Who Are You?	STOA 06	Where Who What and Why 1/6 p. 14 Aurelius Knowing Yourself
Who? What? Where? Why	STOA 06	Where Who What and Why 1/6 p. 14 Aurelius Knowing Yourself
Wild Goose Qigong	PG 66	https://www.egreenway.com/taichichuan/goose.htm
Willingness of Student	SEN 34	L 34 Willingness is the Key
Winter Cold Earth	PG 41	https://www.gardendigest.com/winter.htm
Winter Solstice	PG 61	https://www.egreenway.com/druids/st2p.htm
Wisdom	TFR 11	Give Up Learning
Wisdom Profound Dragon	TFR 24	Shifu Miao Zhang asked, "Meeting the Black Dragon What Say You?"
Wisest Philosophers	STOA 17	Reboot the Real Work 1/17 p. 25 Epictetus School Teachers Books

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Withdrawal	SEN 14	L 14 On the Reasons for Withdrawing From the World XIV
Women	TFR 12	Falling on Deaf Ears
Wondering Musing	TFR 18	Sozan's "Flowers or Seeds?"
Wood	TFR 08	Who Gathers and Chops Firewood for the Cook's Kitchen?
Work Learning Continue	STOA 17	Reboot the Real Work 1/17 p. 25 Epictetus Failure to Work Try Learn
Worldliness	SEN 19	L 19 On Worldliness and Retirement XIX
Worry	STOA 00	Stop Over Thinking Book by Nick Trenton https://amzn.to/3Dd5XTm
Worry Anxiety Fears	SEN 13	L 13 Anxieties About the Future Worry Fear About Bad Future Events
Writing Fame	SEN 21	L 21 On the Renown Which My Writings Will Bring You XXI
Writing Service	SEN 08	L 8 Writing as a Form of Service
Writing Vivid Clear Uplift	STOA 18	See the World Like a Poet and an Artist 1/18 p. 26 Fine Literature
Wu Wei Don't Meddle	PG 50	Practical Advice for Living with Caveats Keep Out of Other's Business
Yang Style Taijiquan	PG 66	https://www.egreenway.com/taichichuan/yangindex21.htm
Yin/Yang Duality	TFR 15	Uncle Mike's "Dangling Dichotomies"
Yoga Sadhana Practices	PG 77	https://www.egreenway.com/yoga/index.htm
Your Mind, So Mind It	STOA 13	Circle of Control 1/13 p. 21 Use of Moral Will and Reasoning
Yunmen Wenyan	TFR 06	Yunmen's Cane Turned Into a Dragon and Swallowed the Universe
Zen	TFR 10	Three Requirements for the Study of Zen
Zen Buddhist Rinzai Japan	PG 33	https://www.egreenway.com/buddhism/RinzaiZen2023.htm
Zen Koans Index 1,001	PG 33	https://www.egreenway.com/buddhism/NewSubject3.pdf
Zen Training Mind-Body	PG 33	By Omori Sogen Book 1996 https://amzn.to/3qsvjt3
Zeno	STOA 00	Zeno (334-262 BCE) Founder of Stoicism
Zhiqin Guishan	PG 93	Guishan (771-853) Zen Master China Peach Blossoms
ZZZ BSL/Koans Databases	AUR 00	Curent Koan Databse Input July 23, 2023 Michael P. Garofalo