

THE CONSTITUTION OF BDTH

Constitutional Edition

P A P E R 28

The Stand-Down

P O S I T I O N

The Stand-Down represents the practical application of the constitutional architecture developed throughout these Papers.

It introduces no new principles.

Its purpose is to provide conditions under which unnecessary interference may progressively diminish through ordinary observation.

THE STAND-DOWN

APPLICATION

The Stand-Down should not be understood as a programme of self-improvement.

Nor does it seek the acquisition of additional beliefs.

Its purpose is observational.

The individual progressively becomes acquainted with the architecture through direct experience rather than explanation alone.

CONTINUITY

Change derives less from isolated insight than from repeated observation.

The Stand-Down therefore values continuity above intensity.

Small observations consistently repeated progressively reorganise the relationship between observation and interference.

THE STAND-DOWN

MEASUREMENT

The architecture should become increasingly observable.

The reduction of interference should become increasingly recognisable.

The individual therefore relies less upon opinion and progressively more upon direct observation.

The framework increasingly becomes self-demonstrating.

AVAILABILITY

Witness frequently begins as deliberate practice.

With repetition, observation progressively becomes immediately available.

The individual no longer remembers to observe.

Observation is already present.

This transition should not be understood as the acquisition of a new capacity.

It reflects the increasing availability of one that had been present from the beginning.

THE STAND-DOWN

I N D E P E N D E N C E

The purpose of the Stand-Down is not permanent dependence upon the Stand-Down.

Every effective scaffold is ultimately removed.

Every successful discipline progressively renders itself less necessary.

The architecture should increasingly sustain itself through ordinary living.

W O R K I N G P O S I T I O N

BDTH proceeds from the working position that sustained observation progressively reduces unnecessary interference and correspondingly increases the ordinary availability of coherent functioning.

The Stand-Down provides the conditions under which this process may be observed.

THE STAND-DOWN

CLOSING POSITION

The Stand-Down should not become another identity.

Its purpose is fulfilled as coherent living progressively becomes ordinary without continual reference to the framework that first revealed it.