

Some Unconnected Thoughts...

Most spiritual teachers today sell you variations on “how to become a better person”. So the outcome is that you remain a person. But I want you to know that you are God!

When we stop identifying with "what-we-are-not", the "what-we-are" bursts forth.

Sorry, but Hatha Yoga is as unrelated to Self-realization as chlorinated water is to icewine.

Formal meditation is often overstressed. So for many of us, it becomes stress.

In assessing a potential teacher, one thing to look for is Joy. There is no Self-realization without Bliss.

The body is for the expression of the mind. The mind is for expression of the desires. The desires are the outward search of the Seemingly Separate Awareness. And the Seemingly Separate Awareness is an expression of Pure Awareness.

For years you have been going into bookstores looking for that perfect book that offers enlightenment. That perfect book is in fact the one that you will write yourself.

Michael

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