

A thought of the day in passing . . .

Cleansing is an essential part of every religion. – Make 'it' a religion.

In addition to resting in the silence, something wisely done for clarity and accomplishment, spiritual or otherwise, is inner cleansing.

It seems that very spiritual discipline and religion has a procedure for cleansing and clearing. Even psychology has one. (It is called psychoanalysis.) Cleansing clears mind and subconscious mind of residue memory that muddies the mind and could sabotage efforts in any direction whatsoever; spiritual or material.

It is wise to find a discipline for such cleansing/clearing and use it daily.

July 6, 2009 Day 19

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ENLIGHTENMENT

by Tara

WHAT IS ENLIGHTENMENT ?

...The discovery of the entirety of who and what one is.

...the unveiling of the true nature of reality.

...A process of detaching identity (happiness - knowledge - fulfillment)

from the external to the internal.

...dis - illusionment.

...The greatest of jokes; for it's discovering who one is and what one is doing while all the while, being it and doing it.

...Merely an identity shift from limited self definition to a much expanded one.

...Ultimately, an energy shift from ego consciousness to 'All There Is' aka 'The Ground of Being'*.

Ground of being, understood to be God, and oft experienced as Sat Chit Ananda
*(Intelligence bliss Being.)

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