

## *A thought of the day in passing . . .*

TO SEE THINGS AS THEY ARE . . .

It cannot be done from ego. Ego is highly focused in the physical world, on its self and self interests, and it sees through the screen its own mind through five senses. In truth, it sees only a small part of the Self and is focused in but one part of its mind. One must step beyond it.

To 'see things as they are' . . . *simply view whatever appears before you; without any thoughts about it . . . without labling it . . . without a judgment on it.*

June 13, 2009 Day 5

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## ENLIGHTENMENT

*by Tara*

*'The ego is first and last; a defense and separation from - ONESELF'*

June 13, 2009 Day 5

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