

A thought of the day in passing . . .

ENLIGHTENMENT AS A PROCESS OF DESTRUCTION

To attain enlightenment one must be willing to die, to what one conceived oneself to be.
In the process . . . and perhaps after it . . . the 'story' continues . . .
As a new 'You' forms, continues to create, through a mind made fully conscious.

June 15, 2009 Day7

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ENLIGHTENMENT

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ENLIGHTENMENT

by Tara

THE HABITUAL YOU?

'You' are only a grouping of thoughts and habits.
Formed from a collection of choices,
The 'you', that you think you are.

A single thought or act arises from . . . who knows where, or why?
It has little consequence . . . except,
When chosen, it sets a pattern, enabling repetition.

A thing done twice hardens the pattern.
Done thrice tends to perpetuate itself and,
move into the unconscious . . .

Acts and manners of thinking repeated over time are habits.
Habits ingrained become characteristics.
Characteristics 'set' in time, make their appearance in the physical.

Thus bodies are formed, personalities fashioned,
Lives take shape in a gestalt of acts and reactions in interaction,
Involuntarily driven forward by the laws of karma.

That's pretty much what we are,
In our lives physical.
A series of cycling habits with face-change capacity.

But . . . enter soul . . . act from there,
One's spark of life eternal . . . then,

Perfected human be-ing . . . and more, becomes possible.

June 15, 2009 Day 7

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