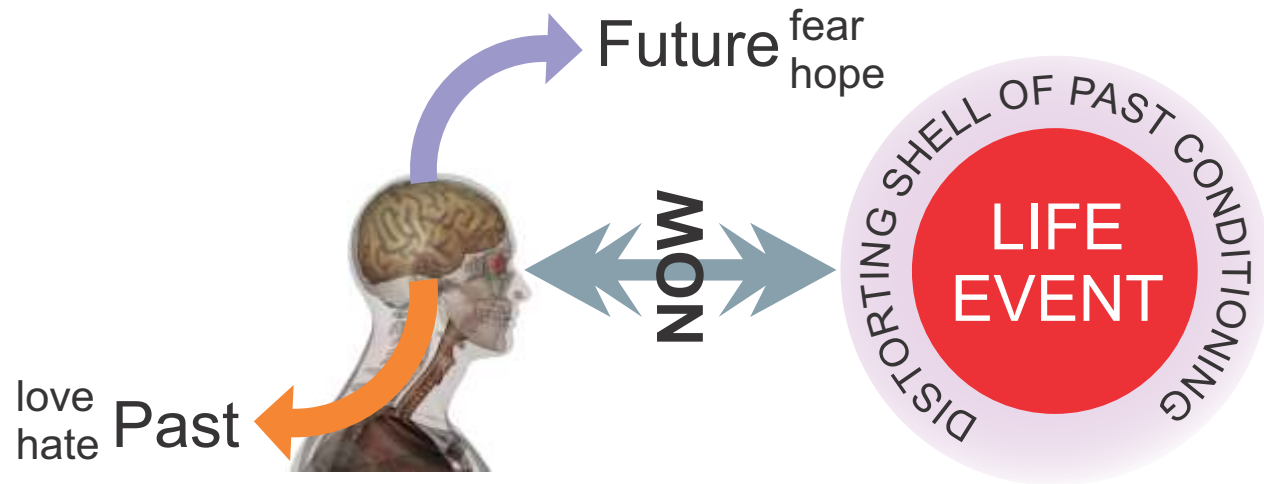
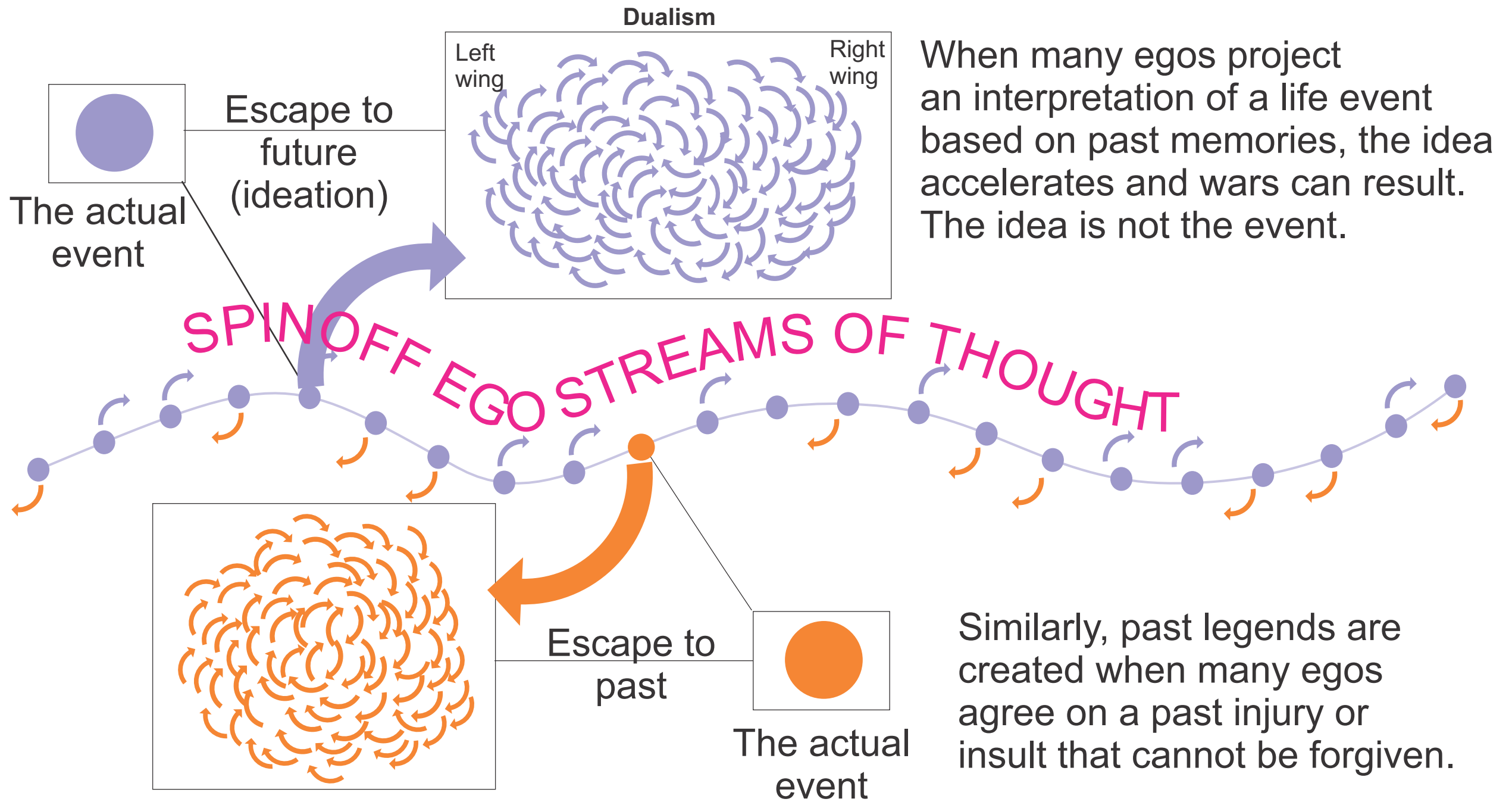


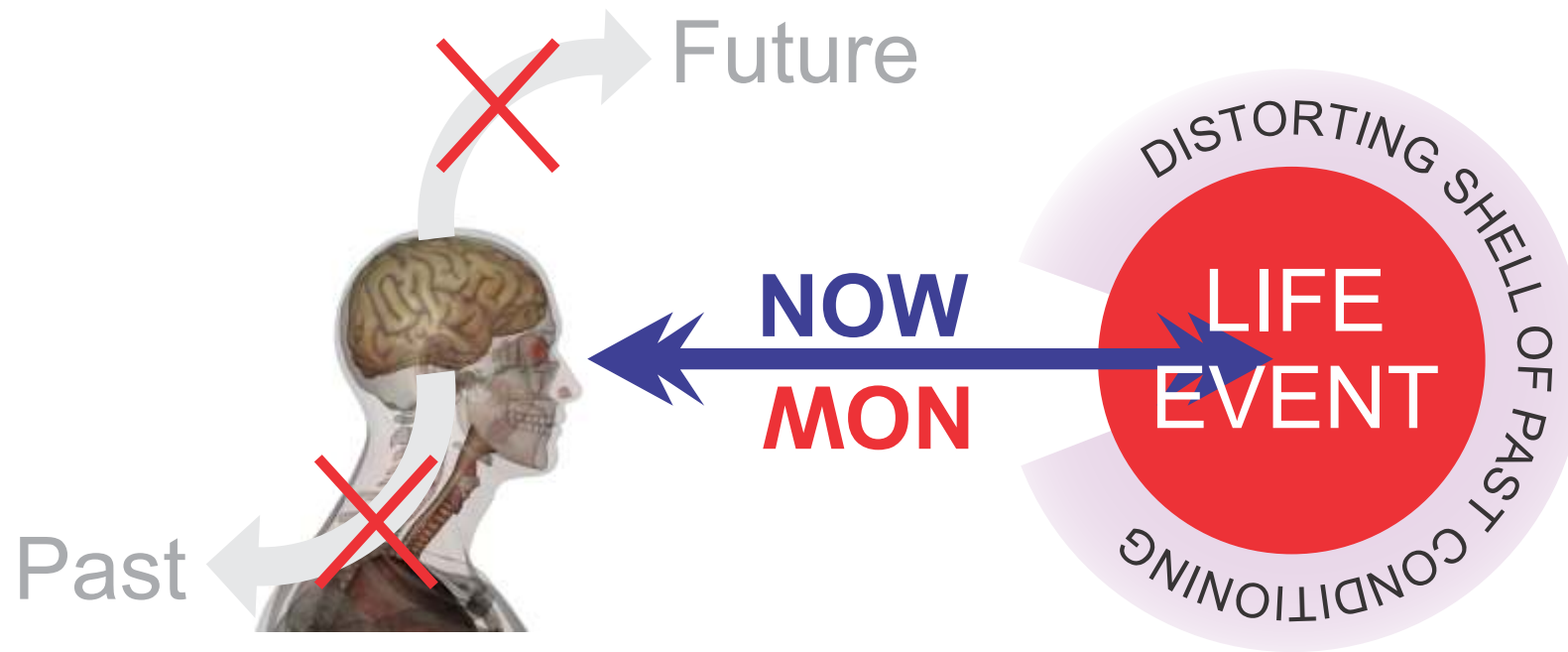
The Stream of Life vs Our Stream of Thought



The instant we 'see' an event in life our mind instantly names and categorizes it as good or bad based on past memory. We then project it to the future or recede into past memories. In either case, we escape the now and are unable to fully observe the life event, which becomes memory.

We see the world indirectly, distorted by our interpretations of the past.





Everything is shown up by being exposed to the light, and whatever is exposed to the light itself becomes light. Saint Paul

To remain aware to the flow of life in our psyche as it happens, without naming it, or judging it, takes an awareness that is not recognized by the world. By this awareness, where one is interested and alert, but without motive or triggering thought, it is possible to understand oneself by 'seeing', not thinking.

To become aware of and recover our childhood senses can help. A step in this process of 'the flame of attention' may be the seeing and emptying of a single emotional event. Every movement is a result of observing something happening, and is not an act of will or motive. This is living the teachings. Only you can do it.

(Paraphrased from an elegant letter by Johan Lem to the Krishnamurti Link magazine, 2005)