

Friends in Spirit

Pan shares his journey through this life.

<http://panatthehill.de/novutierra>

Awareness is the key

Saturday February 17, 2018

Mind is struggle, effort, tension, distrust.

No-mind is peace, easiness, relaxation, trust.

There are many doors to the no-mind, but without the key called awareness they do not open.

When one has that incredible luck to be with a master, one has found the master key to awareness.

Awareness is to be rooted in the here and now.

Once this happens, it expands silently and everything in life becomes a door to no-mind.

Then more and more a relaxed easiness arises and one crystallizes slowly in the stillness of the no-mind.

Love,
Pan