feelings or experiences that spontaneously wish to arise. It may take exploring with different attitudes and occasionally focusing our attention on various considerations, especially if we are prone to getting tense by trying too hard. Things that may work in one situation may not work the next time, and a fresh approach is required. And since we are all different, results may well vary considerably from person to person. For it is fresh, unmediated experience that we are seeking, just reading this information or hearing similar ideas and concepts from others will not accomplish the objective. We each in our own way must seek out how to best discover and maintain this priceless connection. For myself, I have found that simply being still and “just being” is extraordinarily difficult.

Yet I firmly believe this to be the highest prize. Having achieved an on-going connection or realization of our True Self, we are free to direct our attention wherever we wish. It is from this perspective that any object of attention is seen in its clearest light, in its truest aspects, in the most meaningful connections with other aspects of reality. It is from this perspective that the greatest creativity flows forth. By learning how to maintain this connection, we have truly learned how to learn.

Notes
2. To rely, as used here, is to invest some concept or idea with the power of the mind so that for us it becomes true or real. Such reifications then become barriers which interfere with our direct perception of Reality.