

Just answering some questions and remarks made to me in an email which was part of an

***identification***

of what is ***falseness or illusion*** of what is experienced. Two very different

***existence***

with a thought, emotion, action,



a new lens, rather the old lens has been cleansed, and all the grime that was once covering it was removed. Experientially, it may feel like a new lens, but it is the same lens employed before, it's only that lens is now crystal clear.

Thoughts as they relate to the enlightened your confusing enlightenment as some type of transformative experience which relates to the human being.

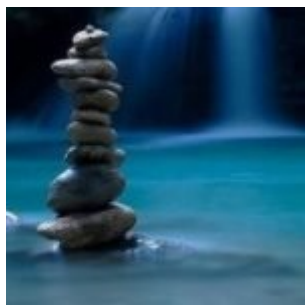
Thoughts, emotions, sensations, actions come and go without identification. In my experience all that has dropped is anxiety and fear and for others it may be different, they may have anxiety but are filled with compassion as one example. In terms of fear and anxiety, the body may experience a flight/fight response, e.g. dog barking and startling me, but the ensuing anxiety or fear that often accompanies that dissipates extremely rapidly and with each passing year, there is less and less of that. Aside from that, I experience every other emotion fully, in fact, I would say there is more connection with emotion now than

Spiritual enlightenment does not need to occur for emotions, thoughts, sensations etc to flow in this manner. It helps that there is no longer identification yes, but any human being could function in the same way if they set there mind to it. What does have to occur is the cleansing of the lens, the letting go of control, understanding the nature of ego and how to overcome all the associated beliefs at a conscious and unconscious level. And that is only scratching the surface of the lens.

Rushing into action, you fail.  
Trying to grasp things, you lose them.  
Forcing a project to completion,  
you ruin what was almost ripe.

Therefore the Master takes action  
by letting things take their course.  
He remains as calm at the end  
as at the beginning.  
He has nothing,  
thus has nothing to lose.  
What he desires is non-desire;  
what he learns is to unlearn.  
He simply reminds people  
of who they have always been.  
He cares about nothing but the Tao.  
Thus he can care for all things.

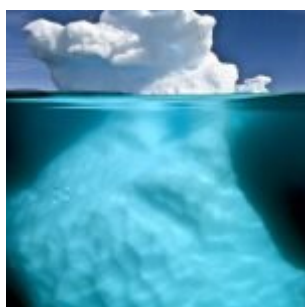
[Lao Tzu, Tao Te Ching](#)



Fear and Being Alone with  
Thoughts



Blues for Buddha - by Jed  
McKenna



Why They Are Unlikely To  
Say Sorry



The Probability of  
Enlightenment