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Written by News Administrator

Thursday, 27 June 2013 15:05 - Last Updated Thursday, 27 June 2013 15:06

A person prone to waking in the night who imagines himself an insomniac would be unaware when he is asleep.

Similarly, although when we sit we are frequently in the balanced state, we cannot see it, since there is no one to see. It is as if we oscillate between the dreams of the mind and the dreams of the body.

My teacher would say that we are always passing through the balanced state, in this movement between body and mind.

It is not that there is a something. It is not that there is a nothing.

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