

What is your heart's desire? To be awake in Life!

For me, waking up is a constant unfolding. Being awake in the unfolding as it's happening takes practice. It takes a willingness and courage to practice being present with whatever's happening right here, right now. It's impossible to experience the deeper truth of reality -- what is -- when we're locked in our history, the archives of our mind. With practice, it becomes easier to recognize and acknowledge the Known stories in the archives without identifying with them. Most of us are quite practiced in experiencing Life from those mind-programs. Today, we have a new practice where our attention is focused on experiencing what's Real in Life directly, immediately, as it happens fresh and new out of the Not Already Known, a.k.a. Unknown.

Deborah Saunders, 2/8/2023

A Soul Connection

