

Notes from 7/9/23 Awaken Your Spiritual Vision

From *Essential Spirituality* by Roger Walsh

“The true person sees what the eye sees, and does not add to it something that is not there.” Chuang Tzu

Four Costs of Living Unconsciously

- Absentmindedness
- Self – Alienation
- Automaticity
- Life in Illusion

Benefits of Mindfulness

- Interpersonal Sensitivity
- Refining the Senses
- Knowing One’s Mind
- Freedom from Automaticity
- The Healing Power of Awareness

Exercises in Awareness

1. Eat mindfully
2. Mindful music
3. Become a good listener
4. Find beauty in the moment
5. Heighten awareness of your body
6. Mindfulness meditation
7. Mindful speech

“Perception is not a passive process but rather it is an active creation, in the state of the world we perceive reflects the state of mind within us.” Roger Walsh

Exercises in Sacred Seeing

8. Open to the sacred in nature
9. Recognize the inner light
10. Surrounded by Saints
11. See teachers everywhere