

Q: Hello, Robert. I've been reading your work for a while now, and found it very useful for noticing when my experiences were being used to justify beliefs. We are just this person experiencing this moment, and if you allow things to unfold, don't get attached, things go a lot smoother.

However, I keep coming back to my lived experience, which is that I exist, that I'm aware, that if I don't get attached to thoughts and objects, this sense of self finds peace. But then as I find myself and the mind calms down, reality seems to 'open' the space between objects becomes apparent, and as that space deepens and opens a light starts to shine, it comes through the gaps in the web of life, and shines in a way I can only describe as 'divine' such is the quality of love, peace and wellbeing that emanate from it. The light seems more real than regular light, and as it pools in certain areas it takes on 'form' that pulses and rotates in complex patterns. I don't pray or have any religion, and yet these experiences seem to be beyond the physical reality, and if I look at a picture of a Buddha, the glow in my heart lights up and energy flows between our hearts.

It is these kinds of experiences I've been having for 25 yrs now, and that keeps me seeking answers, of which your writing keeps coming up for me, as it grounds me in 'this' and helps me question beliefs that are held up as truth, and yet I can't resolve my experiences with those that you relate of your awakening. Thank you.

A: We all have many kinds of experiences. Many of them cannot be described in words. When I share my point of view, I am not trying to talk other people out of their experiences, but only saying how I see these matters. If you find something "divine" in your experience, that's your experience, and there is no reason to put my head on top of the one you already have. Be as *you* are.