



A mandala in a chapel window, Papenburg

## ***Awakening to Sanity (Letter 2)***

### ***Healing, First Reflections***

Dear friend!

Complete healing is Buddhahood, also called complete Awakening. Awakening to what? Awakening to who we really are – our true self! This might surprise you, does it? Would you have expected me to say that healing is awakening to non-self? Well, that's another way of putting it.

Healing is not a process of becoming someone else whom we have never been, nor is it a process of abandoning our individuality. It is a process of unveiling that awakened potential inherent in us.

It needs courage to be the one we are in the depth of our being.

Our true being is not found in the emotions which are more like the surface of our confused being. True being is what reveals itself more and more as our mind relaxes, as it becomes fearless. That true being is not a 'thing'; it is a process, dynamic. It cannot be grasped. It is life without blockages, flowing freely. It is not a staccato life characterized by one clinging following the other.

To heal, to awaken, I have to become my own friend – completely. Healing includes accepting and loving oneself completely. We start with ourselves and extend this to others.

I am. I am a full human being. I am happy. Why? Because that's how it is when the energies are flowing freely. I dare to be that free flow. In that free flow there is no ego-centeredness. How could there be?

That's it for today.

Love, Tilmann Lhundrup