



We are part of nature, everywhere...

## ***Awakening to Sanity (letter 3)***

### ***Our Resources for Healing***

*Dear friend,*

*You are rich. No kidding. I am rich too. Even if I am outwardly poor, in fact I am rich. I have a body, I have a mind, and I have a wealth of sensory experiences. That's our basic wealth.*

*Also, the fact that you are reading or hearing these reflections shows that you have access to something that I consider most precious. You are rich.*

*To have access to the sound reflections of good friends, to have access to the shared life experience of others, to have access to wisdom, this is extremely precious.*

*I would like to make a brainstorming tonight on the main ingredients for healing. What is needed to heal from confusion and tension? What is needed to become truly happy and to awaken?*

*Love, friendship, wisdom, help, stimulation of awareness, openness, joy, mindfulness...*

*We all have access to those resources within us and around us.*

*I strongly feel that on top of all this it is necessary for any true healing to overcome the separation between body and mind as well as the separation between mankind and nature.*

*We have a body, a heart-mind, and nature. So we have what is needed to start the healing process.*

*It is an expression of healing to live in a harmonious flow as an integral part of the whole. It is conducive to healing to touch the earth, feel the wind, enjoy the sun and the rain, and to live the seasons as they come.*

*These are simple aspects of life which are too often neglected by 'seekers of wisdom'. We pay for that negligence later, with tensions in body and mind that could have been avoided.*

*For healing we also need true self confidence, confidence in our true self. This means to have confidence in the deeper qualities of our heart-mind, confidence in those deeper levels that possess healing power.*

*That is perhaps the most essential point.*

*Good night, sleep well, and awaken with a fresh body, heart and mind.*

*See you, and best wishes to you!*

*Tilman Lhundrup*