

*We live in a sea of
Perfect Life and we
should take time to
understand and sense
this in our imagination.*

*We should think of
ourselves as surrounded
by a perfect life and
poised in an eternal
calm ...*



*... We are in a sea of
untroubled waters of life,
from which we may freely
drink. We must do the
drinking. No one else can
do this for us.*

*We should hold out the cup
of acceptance until it is full
and overflowing with the
manifestations of
our desires.*