



Session 10 – Nothingness

Nothingness is a place I visit with a great regularity. What do I mean by that? Just lying outside on a field, watching the clouds go by or jumping into some water somewhere and thinking of absolutely nothing. And before you know it, you get these most incredible spontaneous insights that you weren't working for because you're not trying to achieve anything. That is, when pureness comes, the heart opens. And this very, very intriguing energy sort of plops in. It's almost like things get dropped into you. You know, like Bob Dylan said, the answers are blowing in the wind.

The only way you're going to find those answers, if you let yourself blow in the wind, if you keep trying to find things often, again, you're grabbing and you squeezing and you won't find them. So going to nothingness is meaning literally taking time, separate time for yourself to go and do something that you know, you're not trying to do anything.

It might just be lying on your back again on the grass or going for a lovely walk and just let your mind wander. And if you go to the thing that you want to solve all the time, it's not going to get solved. Just start looking around you at the leaves at the sky or go and have a bath and put some beautiful salt waters in it and smell it and all of your senses and start observing the silence and the smells and the light. Put on some nice music, nothingness. And then before you know it, some beautiful ideas drop in. And they didn't cost you any energy. They just got given to you.

I would practice nothingness regularly.