

Student: Oh great Master, I am lost in enlightenment. I know it is all around me. It lives in every pair of eyes that I meet. I see it as I walk down the street, I know you live in everyone.

I know everyone can be a Buddha, everything can be a Buddha from the bird that flies over head to the worm that crawls underground beneath my feet.

So Master, why am I so lost? I feel lost. Why is the road so tough? Why?

The Master answers: You are living in enlightenment. You have the gifts of enlightenment around you. You have suffering, love, hate, fear, and many other forms of enlightenment. Enlightenment is the path of balance that you walk in your life path.

Enlightenment is not that you stop living, it is that you understand that life is suffering and it is loving. It is being human. Enlightenment is being in your body so when you step you feel your foot hit the ground. When you breathe you feel the air.

It is being the middle way, it is feeling sadness or love at the moment it happens and then letting it pass. It is not reliving from a past sadness or past love or creating a future sadness or love. It is being in the present. It is looking into your own self and seeing, feeling the Buddha.