



as real as the
mind makes it



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When you can witness the Universe and all its wonders in a grain of sand, a grain of rice or raindrop; you will realise that there is no sand, there is no rice and there is no raindrop, not even YOU [ego] exist for we are all made of the same elementals that make up the Universe. Therefore we are the sum of the parts that make up the whole and we are the whole itself. And when you realise this truth with complete understanding, what will stop you from realising that there is no gravity and that nothing is holding you down?
