

Use the Light of Insight to Help Set You Free

The desperate search for happiness is the continuation of unhappiness. Happiness is never driven to look for itself. *It is itself.*

The longing to feel confident is the perpetuation of self-doubt.

Believing in some image that promises a brighter “tomorrow” is the re-creation of a dim and flickering past.

Feeling guilty about caving in to some weakness is the prolongation of that regret.

Any direction we take to escape some misery is the extension of that distress, no matter how much time and space we may put between us and it. As long as we choose from this distressed life-level, our solutions have their roots in the problem.

Only by *seeing* the truth of this...does the Truth set us free.

— Guy Finley