

7 ELEMENTS OF ENLIGHTENMENT

SUMMARY OF FIRST FOUR EXERCISES

ELEMENT #1 - DIVINE DISCONTENT

Exercise: Has whatever I'm about to do ever brought an end to the compulsion to do it?

Summary: Clearly I must be looking for something not of this world!

ELEMENT #2 - METANOIA

Exercise: In the moment of a disturbance, the first direction to give my attention is inward. Turn around and see what's true.

Summary: At the onset of any suffering, make a "You-Turn!"

ELEMENT #3 - WATCHFULNESS

Exercise: Let me always work to observe the nature that's reacting instead of unconsciously identifying with what it's reacting to.

Summary: Step into a passive awareness of the reaction, instead of passively allowing your attention to be placed outside of you on what's being blamed for that reaction.

ELEMENT #4 - HONESTY

Exercise: Understand that revelation is inseparable from liberation.

Summary: There is no excuse for whatever you're given to see about yourself, but more importantly no excuse is ever needed, let alone required.

— Guy Finley