

Three Special Insights to Help You Start Seeing Your Life Through New Eyes

There is no love in thought.

There is no understanding in knowledge.

There is no kindness, let alone compassion in any image;
even the most beautiful painting of a loaf of bread is
powerless to ease the pain of hunger.



The witness to experience is not bound by it.



The task is not to be perfect as imagined, an illusion
supported by the pain of unrelenting self-judgment;
rather the real task is to do the interior work of seeing
ourselves as perfectly as we can regardless of how much
we would rather not!

“The fool takes food from the dish, but forgets to put it into his mouth.”
– Old Proverb

— Guy Finley