

Let Things truly appear

Gaze around and be open for any phenomenon you might see, hear, feel outside, and with experience even in your body and mind. Invite anything to present itself as what it and you really are. Let things surprise you, may be a sound or noise, may be a light from a window or car, may be a pebble under your foot or even a finger of your hand. Things can be special or ordinary, familiar or new. You do nothing, just allow the phenomenon to appear as what it truly is until there is nothing but This. And this naturally embraces and includes all other phenomena, yourself, all beings, the whole world and the pure emptiness. Play this again and again and realize, how all kinds of phenomena appear as the same eternal This and in their individual uniqueness.

Nice Videos: [Genjokoan](#)