



## daily GOOD

Healing begins by embracing the state of not knowing in the spaciousness of the mind so that in the darkness a flicker of light can be seen. --Lobsang Rapgay

### **Aesthetic Thought: A Conversation with Lobsang Rapgay**

A talk Lobsang gave twenty years ago stayed with me. But what did he mean by "aesthetic thought"? And why was it so important? In a recent interview, Rapgay talks about allowing a thought to come forth rather than the habitual way of going looking for one. It means having a direct experience. "The real freedom," he says, "is freedom from our thoughts and projections." It's not an easy path.

### **Be The Change:**

Experiment with embracing the state of not knowing in your own life this week. What does it bring up for you?