

## Looking Within

The act of "looking within" stumps many people. It is actually not "looking within" it is instead Being Still. Doing nothing. Being nothing. It is extremely simple, yet it is easier said than done, because people try to accomplish this through the "ego", which is incapable of doing it. Allan Watts described it as like trying to touch the tip of your finger with the same finger, or biting your teeth, with your teeth. Once you realize that ego is totally incapable of doing this, you begin to realize that You are already Stillness in reality. The more you realize your stillness, the more ego fades into the background. Ego naturally perceives this as a threat, so it is only natural that it does everything possible to avoid this from happening, hence the endless chatter. As long as you have a physical body you will have an ego. It comes with the package. It is not about getting rid of ego, it is about realizing that it is not the "true" you. When you realize your true self the issue of what to do about ego falls away like a dry leaf.