



Any impression that has been learned and experienced afterwards is fully distinguished and abandoned "now", the liberating knowledge which is always there reveals within us beamingly.

For the devoted disciple, during the complete abandonment of the old impressions that exist, the process of supervision and training of the subconscious mind by the conscious mind works.

The revelation of the Real knowledge can be possible by quiet, peaceful, stable sitting (meditation) keeping the attention alert and focused to the moment and skillfully managing the processes of emotion, thought, attitude and the behavior control in daily life.

In silence focusing at the moment, consciousness grows and expands, attention deepens and sharpens, awareness becomes clear and lucid. When these favorable conditions occur, meaningful discoveries and transforming cognition occur.

Until ignorance and vicious circle impurities are thoroughly cleansed, it is important that the right practices continue with patience, awake attention, care and faith.

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