

## **Life & Life Story**

To be in your body is to be in your life  
To be in your head is to be in your life story

To quiet the mind is to quiet the life story  
But after you quiet the life story then what?  
After that you still need to realize life.

When it's about the life story  
Then meditation is about overcoming  
When it's about life  
Then you just feel. You sense.  
Then eventually you recognize the gift  
And then the gratitude comes

When all you want is to improve your life story  
Then all you get is to meditate in your mind  
There is no awakening in that.  
A better life story is not awakening.  
Awakening is Life first. Before your life story

Often we enter life through the life story  
That's why we don't want to disregard it.  
It's the doorway we are presented with  
and we want to honor that.

But it's just the entry point  
Because as much as you can dream your life story big  
It's still very limited.

The biggest life story you can imagine  
Will always be much much smaller than Life itself  
Much smaller than what you are.