



One thing that is clearly getting in the way is myself adding things. For example, that checking voice, "am I breathing?" when feeling impatient. I'm still thinking about this diligent doing self that tries to practice, blocking my view. Guess I can start taking time to embrace what impatience really feels like before moving on.

While mulling over naturalness last few weeks, I realise that I don't really understand yet what it is to be inclusive. When I first heard Stim talking about the View early this year, it didn't occur to me that 'being inclusive' involves relaxing this sense of self. I've recently seen how this allows natural adjustments to happen. I think I can stick with #2 for few years as I had done with #1 before attempting #3 ...