

Transcendent Imperative

While considering this week's topic, I was reminded of the long breathing homework we did a while ago with Stim. Guess it's time to do it again ... get in touch with that deep relaxation :)

I think one senses this spiritual 'imperative' in the heart even when one doesn't quite see it. A symptom of not addressing this shows in our endless chasing in secure and lasting happy feelings while pushing away unhappy feelings by moving from one thing after another as effects wear off.

I remember talking about 'flow' with some friends before. It does offer a pointer but I wonder how realistic it is to apply that in daily life situations which creates many different challenges and skills on ordinary level to acquire in order to handle them. Just look at the amount of self-help book shelves in bookshops ...