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### **The water of the waves**

"All is change in the world of the senses, but changeless is the supreme Lord of Love. Meditate on him, be absorbed in him, wake up from this dream of separateness"

Upanishads (c. 1000 BCE)

"One master described meditation as 'mind, suspended in space, nowhere'"

Sogyal Rinpoche (Born 1946, Tibet)

I

am

pure presence

the boundless essence

glowing as timeless knowing

Already

here

placeless and clear

Waves rise and fall

in the Ocean of all

The water

simply

is

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