

The Big Mistake of Wanting Enlightenment



Wanting Enlightenment Is a Big Mistake: Teachings of Zen Master Seung San by Seung Sahn

★★★★☆ 4.6 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
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Wanting enlightenment is a big mistake. It's like wanting to be happy all the time. It's an impossible goal, and it will only lead to disappointment. The truth is, enlightenment is not something you can achieve. It's something that happens to you when you stop trying to achieve it.

The problem with wanting enlightenment is that it creates a duality in your mind. You start to think of yourself as separate from the enlightened state. You start to believe that you need to do something to achieve it. This creates a sense of lack and separation. And when you feel lack and separation, you can't be happy.

The truth is, you are already enlightened. You are already whole and complete. You don't need to do anything to achieve it. All you need to do is stop trying to achieve it.

When you stop trying to achieve enlightenment, you will start to see the world differently. You will start to see the beauty in everything. You will start to feel a sense of peace and contentment. And you will start to live a more fulfilling life.

So if you're looking for enlightenment, the best thing you can do is to stop looking. Just be present in the moment and let go of your expectations. And when you least expect it, enlightenment will find you.

Here are a few tips for letting go of your expectations and living in the present moment:

- Practice mindfulness meditation. Mindfulness meditation is a great way to train your mind to be present in the moment. When you practice mindfulness meditation, you simply focus your attention on your breath or on your body sensations. This helps to calm your mind and bring you into the present moment.
- Spend time in nature. Nature is a great place to let go of your expectations and live in the present moment. When you're in nature, you're surrounded by beauty and peace. This can help you to relax and let go of your worries.
- Be kind to yourself. When you're kind to yourself, you're more likely to be present in the moment. When you're not beating yourself up, you're more likely to be able to appreciate the good things in your life.

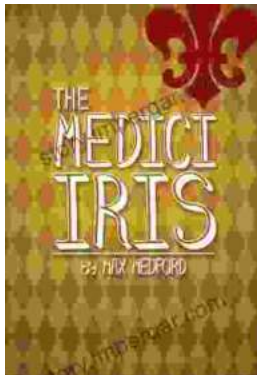
Letting go of your expectations and living in the present moment is not always easy. But it's worth it. When you live in the present moment, you're more likely to be happy and fulfilled.



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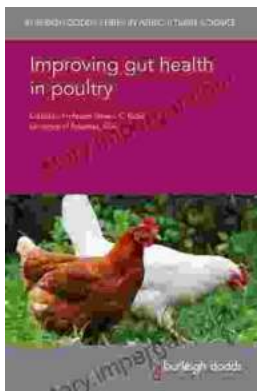
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