



World of Objects, by Eckhart Tolle

What is your relationship with the world of objects, the countless things that surround you and that you handle everyday? The chair you sit on, the pen, the car, the cup? Are they to you merely a means to an end, or do you occasionally acknowledge their existence, their being, no matter how briefly, by noticing them and giving them your attention? When you get attached to objects, when you are using them to enhance your worth in your own eyes and in the eyes of others, concern about things can easily take over your whole life. When there is self-identification with things, you don't appreciate them for what they are because you are looking for yourself in them. When you appreciate an object for what it is, when you acknowledge its being without mental projection, you cannot *not* feel grateful for its existence. You may also sense that it is not really inanimate, that it only appears so to the senses. Physicists will confirm that on a molecular level it is indeed a pulsating energy field. Through selfless appreciation of the realm of things, the world around you will come alive in ways that you cannot even begin to comprehend with the mind. --Eckhart Tolle

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