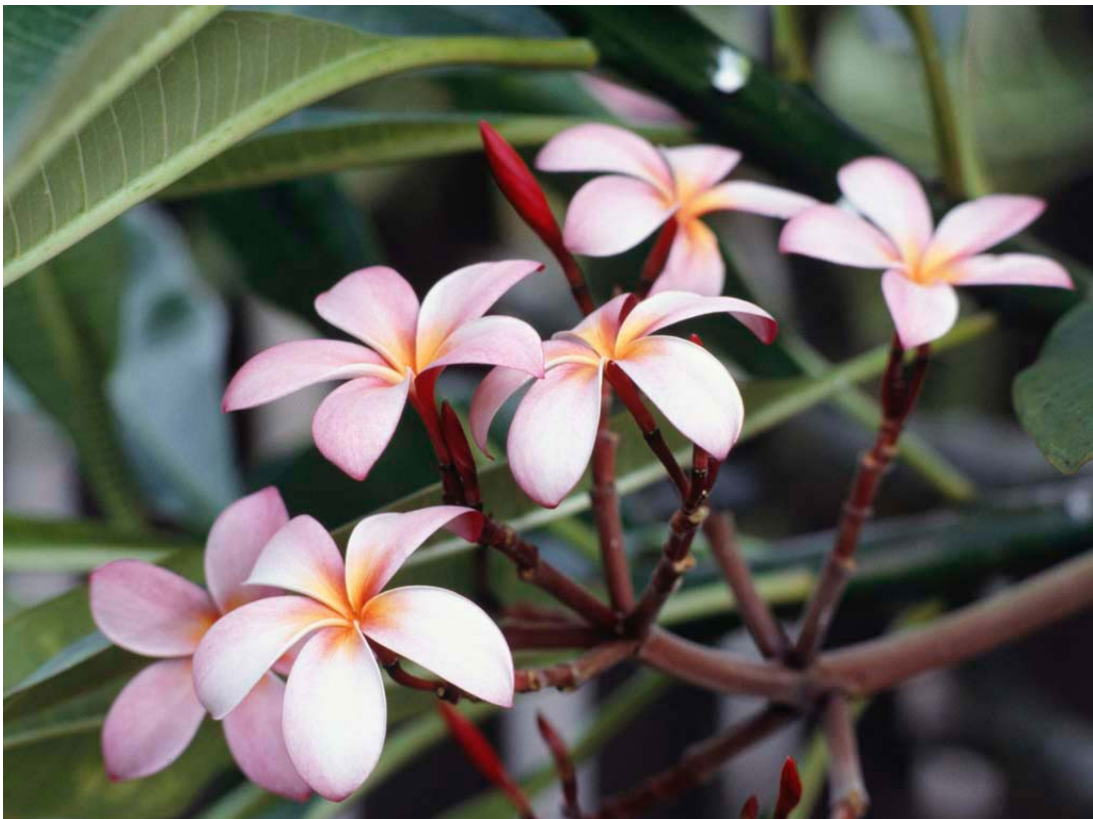


## *Bringing The Dog Back To Heel*

I encourage you to try to look for some of the answers in your own experience rather than in an idea. We can find the answers to all the big questions through examining the body and mind, the connection between body and mind and our awareness.

There's really three things, aren't there? There's the body and awareness, just awareness and then there are the things inside awareness, the mind objects that come and go within that awareness - thoughts and feelings. Seeing the dynamics of these three; that's where we begin to practice.



If it gets difficult and we get lost out there then just come back to the concentration practice, come back to the nose tip, it's like bringing the dog back to heel. We start again; go back to the nose tip: "Aah, alright... centre, relax, breath in, breath out, centre, open..."

I offer this for your reflection.

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