



Acting with gay abandon

Acting in a way that shows non-attachment to the body will tend to lead to a liberating perception of non-identification with the body. In Monastic life not directly worrying about sustaining the body but just eating what we are offered is an example. We can have to feel the pinch a bit and joyfully let go to get the message. This is acting with gay abandon.

This is the purpose and spirit of ascetic practice according to the Middle Way.

I offer this for your reflection.

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