

Just part of the furniture

With my eyes open this room is my world, my world of tables and chairs. If my gaze touches the body then feelings arise.

If my eyes are closed and my mind is open then my body is now my world, my arms and legs like the tables and chairs. If my mind contracts then feelings arise.

Opening my eyes again, the open mind is now re-centred and the body is part of the room, just part of the furniture. My feelings fill the room.

If my mind contracts I am back to the beginning.

I offer this for your reflection.

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