

## **Seeing is believing**

*Believing is not seeing.*

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Just believing is not seeing, that kind of belief is blind. Recent sociological and psychological research is showing us the sad fact, however, that most belief is of this kind. It is formed through social forces and emotional or instinctual bias (Lawton, 2015). Then what we believe forms what we see, we project our ideas onto the world. This is the direct opposite of mindfulness which is the skill of learning to see continuously. We let this seeing naturally form our beliefs and also, naturally, continuously question them. With mindfulness seeing comes to the fore. We do not rely on our feelings or on others but on our clear, loving eyes in the present moment.

Perhaps this is becoming more difficult with the explosion of information science, feeding us with all kinds of views but as practitioners we must never believe anything, not even the experts. We must test it all out, learn to see for ourselves. Then truly seeing is truly knowing and believing in the truth is upholding the truth.

Also, up to a point, any harmless, benevolent truth will do.

Ref: 'Beyond belief,' by Gary Lawton. New scientist, April 2015

I offer this for your reflection.

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