

Right Understanding

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Right Understanding!... this is what suddenly uplifts or empowers an individual in an instant.

With Right Understanding, shadows vanish instantly in the illuminated presence of truthful insights.

Right Understanding is a deliverer of the bondage born of ignorance.

Right Understanding is a personal revelation where clarity demystifies the painful ways of the human condition.

'Osmosis' is a good metaphor for the experience of Right Understanding. When this eventually happens, osmosis, or the merging of the intellect and the Self, accurately illustrates this experience of revelation.

Often, I could be said...

"I become more and more confused the more I learn." [Witness](#) all these experiences to rise above these things such as confusion. [Witnessing](#) needs to be extended into everyday life activities, and should not be reserved for the formal periods of Meditation. To say I am confused, is to say "I am confusion!"... it is TO OWN IT, and identify with it. But to witness confusion, is to rise above confusion to a space of clarity. Just like one who is caught in a fog, that person can also rise above the fog and see clearly far and beyond. Being a [Witnessing](#) Adept, will allow your consciousness to stay above the fog of Human Emotions.

The Mind, which develops its skill through building a reference library from a lifetime of experiences and perceptions, shall often encounter obstacles to understanding spiritual principles, since it has nothing to draw from out its library of reference material. This entire pool of material is essentially filed under the category of "Mundane Human Experience". This is where confusion stems from as the Mind tries to scrutinise and rationalise information or knowledge that is missing a point of reference.

What is UP if you don't know DOWN? What is SWEET if you've never tasted BITTER?

But when there is Right Understanding, there your confusion will disappear. Not only will it disappear, but you will feel a beautiful and peaceful exhilaration, as the source of your pain is removed. The ignorance which binds you in cyclic tendencies, melts away as you suddenly UNDERSTAND.

After all this... What IS our confusion when compared to TRUTH? In the moment of revelation, confusion vanishes because... it never really existed in the first place.

You say you have a shadow, but a shadow does not exist... its just an absence of light in one particular area. It's Negative Space and does not exist. Confusion is the same, and to possess

right understanding is to acknowledge the light and not the darkness. [Witnessing](#) is forcing the Mind into a higher consciousness, thereby developing and nurturing spiritual insight and vision... for this is where your true power resides.

All the many spiritual philosophies eventually lead us to the understanding or revelatory experience that we are all.... "already Whole".. that we are all "Divine"... that we are the mysterious source and goal of our yearnings.

Be Peaceful,
Adrian