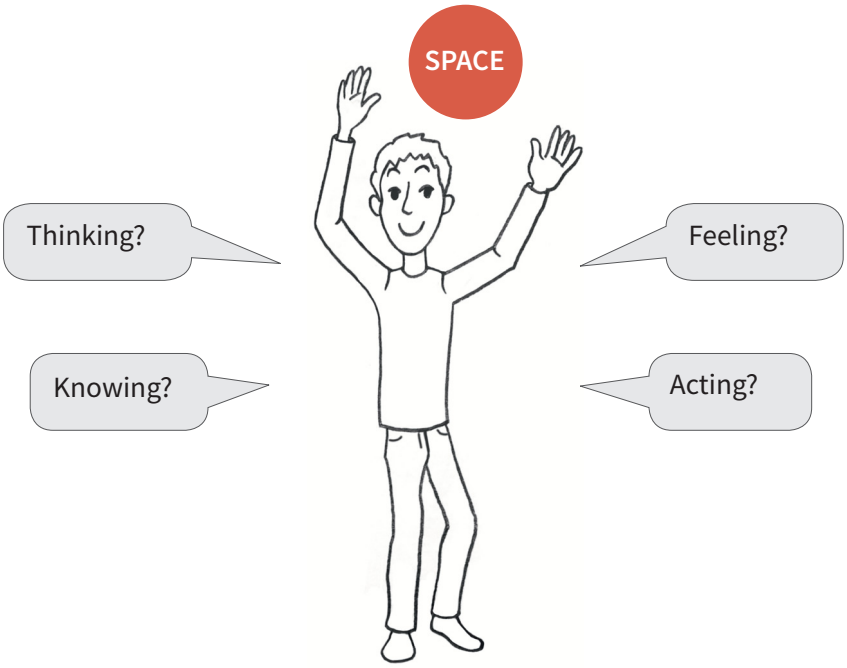
MATERIAL 2

THE FIRST LEVEL ON THE PATH TO ENLIGHTENMENT: LIBERATION

WHEN I HAVE DEVELOPED ENOUGH DISTANCE FROM DISTURBING FEELINGS ....



"I am not my thoughts and feelings, I have them."
"I am not my body, I have it."

The first level is called **liberation**, where one develops the insight that everything personal, such as the body and inner states, are in constant flux. Through meditation, one gets enough distance and inner freedom. Accordingly, one lets go of the ego conception. A state of inner peace and clarity is experienced, free from any disturbing feelings. One recognizes how a situation is. Thus one can decide responsibly and act sensibly.