

What do I understand today, and what do I need to understand?

Understanding depends on my state of being, on my state of Presence.

It is absurd to pretend in my sleep that I wish to work, while all the time dreaming that I can.

Our efforts to work in life are, first of all, to discover how far we are from our highest possibilities.

At the center of our work is the wish to live in a more real way.

My lie is affirming myself without having the taste of truth, the taste of reality.

We can be either an unconscious slave or a conscious servant.

~ Jeanne de Salzmann - *The Reality of Being*