

Seeing Properly

Seeing properly means perceiving what is actually there, not what you think is there.

Truly seeing is a perceptual act of noticing what is without distortion
When you see properly, things reveal themselves.
You stop trying to impose meaning and instead receive it.
That's when life starts to align.

What is the true way to see?

It is a feeble attempt to understand the universe with your 5 senses. And so, we must employ other means to grasp more than our senses say. This is where trust, surrender, and intuition take over.

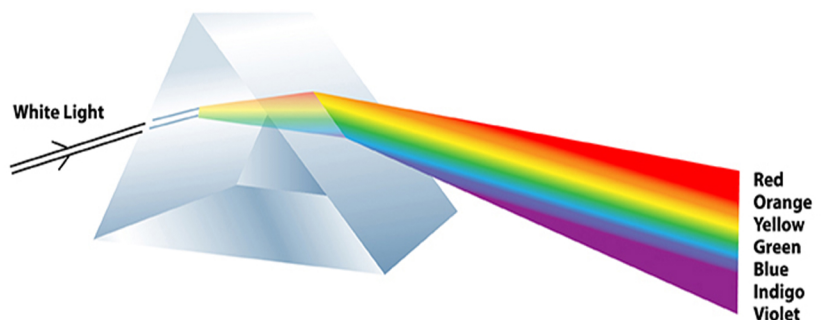
To see properly is to wake from the dream of assumption. It is to stop naming, judging, and reaching and simply witness what is. When we see properly, the world reveals itself in its relationships; light and shadow, near and far, tone against tone.

Without label and borders we can witness the world of connection. The real reality. The ultimate fact that all things are not separate and that the invisible world is the truest form. This is to say that, like a prism, life is a fully expressed spectrum. We narrow it to identify a single point adding labels, which negate the fullness of the spectrum. This makes things seem black and white. The way to see the spectrum of anything is by knowing its relationship to the other. Without the other, there is no reality.

The fullness of a substance, like the white light made of colors, comes in its harmony of relationships. Its wholeness is complexity distilled, and so to truly see we must know the complexity in relation to the rest of the spectrum. This is how you become aware of nuance and begin to create a larger impact.

To see properly, you must:

1. Drop labels
2. Notice relationships
3. Stay curious, not outcome directed
4. Quiet the mind
5. Trust your intuition



GAMMA RAYS	X-RAYS	ULTRA-VIOLET		INFRARED	RADIO WAVES	
					RADAR	TV
					FM	AM

We live most of our lives bound to our ego and our senses to make all of our decisions, but this is like focusing solely on our narrow range of vision; it is inadequate.

You do not filter through your lens of meaning, but rather you discover the meaning in the comparison of its entirety. When you practice this, you become sensitive to the slightest shifts. A twitch of a face muscle means something, the true colors of things appear, the why behind a movement becomes apparent, you raise your consciousness in this way. It is a practice of empathy with the world, allowing you to notice the degrees of the spectrum and the why behind them.