

LOOK

The fear of life itself is the cause of all human aggression and self-destructive behavior. It poisons our relationships with one another, and with the earth itself. The act that we call **looking at yourself** washes away the fear of life and heals the mind of anyone who will try it.

1. Close your eyes. Notice the symphony of sensations and thoughts about sensations rising and falling within you.
2. Notice that you can move your attention to one or another sensation or thought at will.
3. Now use that same beam of attention to look for the feel of what you would call 'me' — a faint sensation that is what you feel like to yourself.

That's it, you've done all that needs to be done to bring you home to the beauty and satisfaction that are to be found in a human life lived without fear. The first subtle effects of what you have just done will soon begin to appear. Pay attention.

You will find good help in the forums at:
<https://www.justonelook.org/look/forum>

More information: <https://www.justonelook.org>

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