

# **Seeing With The Sages Eyes**

## **Noticing The Extraordinary In The Ordinary**

Next time you hang laundry on the line to dry stop and notice how this arrangement and collection of clothes will never again be exactly like this. Notice how they dance in the wind in a unique way that has never happened before nor will again.

Next time you empty the rubbish bin take a look at the amazing art work of food stuff that is a sculpture appearing right inside your bin. It is your own personal once in a lifetime art happening right there.

When you have to scrape ice from your car next time stop and notice the beautiful intricate art work of patterns in that ice. Don't let it pass you by in the rush to get to work on time. It is all for you.

Next time you do some gardening notice how the weeds always grow in a different pattern each time. Is it just another job for you to do or is it your own personal artistic sculpture also known as simply "unwanted weeds"?

Whenever you next slice an onion take some time to see how it never, ever slices exactly the same way. There are an infinite number of ways even this can appear but do you see it? Or is it just another task on the way to dinner?

Next time you pull a tissue from the box stop and notice the beautiful sculpture that appears as the next tissue waiting. When you use the tissue and scrunch it up it will never again look like that unique scrunched up "mess". Do you really see it or is it just more garbage for the bin?

In Autumn when the leaves fall do you even see the wonderful arrangement of colours that is happening just for you? Do you see the vibrant reds, oranges, yellows and greens or is it just more leaf litter to get rid of?

Next time you drop a tea bag into the hot water notice the unique and once in a lifetime way the tea diffuses into the water and colours it gradually. Stop and admire how water actually becomes tea because it is different every single time.

When you next run a bath and add some bubbles notice the beautiful sound as they gently pop and disappear one by one. They will never take on the same combination of appearance again. All this is sculpted for you-but have you noticed?

Stop in this moment and appreciate how this amazing mystery called the "Self" is appearing as you right now. No human being will be ever like you at all. You are a "once in eternity" beautiful sculpture and you are exactly as the Self thinks you should be but can you see it? Fall in love with yourself again!

In this way, in a hundred small moments each day you will come to see the beauty that is this life. You will come to see it as the Sages do. You will come to see without mind. This is my highest wish for you.

Helen Hamilton

Copyright © 2020 by Helen Hamilton

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the author, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.