

THE HOLE OF YOU

Everything you ever know takes place here, at zero, where you always are.

Everything you ever experience takes place now, at zero, as the moment always is.

Experience is zero distance from you and always now.

Doing nothing, being as you are, all experience goes through you.

Allow creation to flow through the empty hole of you.

HOME IS WHERE NOTHING HAPPENS

Your body and mind are changed by what happens. But your awareness is unchanged by happenings.

Happenings leave no trace in awareness.

It is as if nothing has ever happened, even as you notice the happenings.

ENJOY ZERO

Some activities are enjoyable because they approximate zero.

Watching a football game or playing a video game reduces your attention to one thing, which is almost zero.

Fishing and hunting involve a lot of being still and doing nothing.

Watching the rain fall or a cat sleep is near zero.

Just being aware is zero.

Enjoy zero in your own way.