

40 Enlightenment Wisdoms

1. Detachment transforms delusions into **enlightenment**.
2. When we thirst others' happiness, as much as our own – we can say we are **enlightened**.
3. Realizing that every moment can be a teaching moment for ourselves and others is **enlightenment**.
4. When we realize that spirit is as spirit does and love is as love does, we can say we are **enlightened**.
5. Seeing the foundation of something, depending on nothing except ourselves is **enlightenment**.
6. When we are in constant gratitude, it is then we become **enlightened**.
7. When we realize that yearning perfection is an imperfection of the mind – we become **enlightened**.
8. Knowing that the capacity of the mind is limitless, with no boundaries, is **enlightenment**.
9. Refusing worldly worries, yet creating action through worldly worries is **enlightenment**.
10. Knowing not to look outside of ourselves to find enlightenment is **enlightenment**.
11. Bridging our human nature with our heavenly nature is **enlightenment**.
12. Continually working to know ourselves is the source of **enlightenment**.
13. Mediation through meditation is **enlightenment**.
14. Striving for the ultimate truth is **enlightenment**.
15. When we dare to be innocent like a child, we become **enlightened**.
16. Neatness and tidiness are the stepping stones to **enlightenment**.
17. Boldness leads us to the land of bliss and bliss leads us to **enlightenment**.
18. Simplicity and humbleness are **enlightenment**.
19. To know that we are not the originators is **enlightenment**.

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20. Struggling with ease is **enlightenment**.
21. Sharing, sharing, sharing, sharing is **enlightenment**.
22. Being inspirational while being intelligent is **enlightenment**.
23. To be a master over ourselves is **enlightenment**.
24. Knowing when to be a feather and when to be a sword is **enlightenment**.
25. Viewing ourselves as the sole parent of the world is **enlightenment**.
26. Saving a life of any being is **enlightenment**.
27. Finding the truth, when we cannot see it, is **enlightenment**.
28. Whining not is **enlightenment**.
29. Knowing what we don't know is **enlightenment**.
30. Being either 0 or 100% is **enlightenment**.
31. Listening with no judgment is **enlightenment**.
32. Virtue and integrity are **enlightenment**.
33. Not being afraid to be different is **enlightenment**.
34. Powerful and courageous striving is **enlightenment**.
35. Wanting care for all sentient beings is **enlightenment**.
36. Never deferring or discounting hope is **enlightenment**.
37. Going deep while going high is **enlightenment**.
38. Not willing our own will is **enlightenment**.
39. Realizing age is mind over matter is **enlightenment**.
40. Living each day as if it were our last is **enlightenment**.

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