

Life from a place of peace

The hinge is that part of the door that allows it to swing freely. The door moves but the hinge stays still, in the same place. We could say that the hinge is the centre of the door. The further away from this centre is a point, the more movement it will experience. If we try to rotate the door around a different point we will encounter great difficulty.

Similarly, our true self, our true nature is our centre. If we identify with any other object and take it, erroneously, as our centre, we will also experience difficulties. If we stay in our centre, we can enjoy life from a place of peace and move freely.

It is simple, it is not necessary to do anything or try to become something other of what we already are. If we experience difficulties that means that we have moved away from our centre, let us simply step back, let us go back to our centre again and again. Let us stay in what we are, just be.

Eventually we will discover that nothing “unhinges” us any longer. It is not necessary to go out of our way, not even to come back home.

Pedro Brañas