

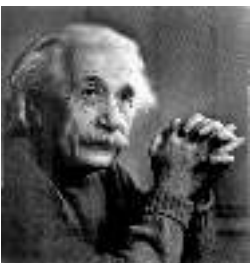
HOW EASY IT IS TO LOOSE OUR WAY



In a letter from America when the Late [John Lennon](#) was being a home Dad he wrote to his sister saying :

"During these past five years I have been able to

liberate myself from my own reality"



In another famous quote Albert Einstein said much the same:
A human being is a part of the whole, called by us "Universe," a part limited in time and space.

He experiences himself, his thoughts and feelings as something separated from the rest -- a kind of optical delusion of his consciousness.

This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us.

Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. --**Albert Einstein**

These wise and wonderful men above lead my mind off to a place of wonderment.

Yes I wondered what each of these famous minds actually meant and if we have become lost and deluded how on earth it did happen.

More to the point is it still happening now and if so what can we do about it.

With thanks to my many self development lessons, which I joking say were, have been and are mostly thick brick walls, I have decided to look at things around my world in a new light having realised that if I change the way I look at things the things I look at change.

Our nearly 5 year old goes to a Birthday Party.

Yesterday we took our little grand junior boy to a birthday party at Moore Park's Fox studios here in Sydney.

Saturday March 15th 2007 was a beautiful sunny day with a cloudless sky. Upper air conditions were prime for the interweaving crisscrossing webs of international and inter state jet vapor trails, our ever present reminders of life on and in the **fast plane**.



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