

How our Sense of Being Separate Disappears

00:00:00 that rock solid sense that there is a, that your identity ends with your skin. That there
00:00:06 is a tangible barrier between inside and outside. Us versus them, I versus it. It's constantly
00:00:17 present in all perceptions. And there's just no escape from it and everybody assumes it's
00:00:24 the nature of reality. But after you've ridden on that ox for a while, you cannot escape
00:00:32 the opposite of that. You can't escape it. It's in your face 24-7. Everything you see
00:00:44 or hear or touch is being loved into existence right in front of you by this activity of
00:00:57 the source, this formless womb.