### BE YOUR SIMPLE ONE TRUE SELF: SINGLE, STILL, SILENT

#### BE SINGLE:
1. Self is one self **not** the thousands of self-esteem.
2. Self is one single being **not** the numerous delusions of ego.
3. Self has the honesty of singleness, oneness, being, simplicity.

#### BE STILL:
1. Self is **not** the doing but only the host for the doing.
2. Self is **not** what is done but the vehicle for what is done.
3. Self has the integrity of simplicity, humility, honesty, light.
4. Self listens, waits, watches, records, magnifies, enjoys, resists.

#### BE SILENT:
1. Self is silent as it receives **not** creates signals.
2. Self is safe from people and self cannot fail as silent self.
3. Self is able to receive since it is **not** in the way or full of itself.
4. Self is rewarded in life and death by the signals it amplifies.

---

Copyright © 2003 by Kevin Everett FitzMaurice
www.kevinfitzmaurice.com