

Direct Contact

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We all carry around ideas and images of reality, frequently garnered from other people or from courses we have taken, books we have read, or from television, the radio, newspapers, the culture in general, which give us pictures of how things are and what is occurring. As a result, we often see our thoughts, or someone else's, instead of seeing what is right in front of us or inside of us. Often, we don't even bother to look or check how we feel because we think we already know and understand. So we can be closed to the wonder and vitality of fresh encounters. If we are not careful, we can even forget that direct contact is possible. We may lose touch with what is basic and not even know it. We can live in a dream reality of our own making without even a sense of the loss, the gulf, the unnecessary distance we place between ourselves and experience. Not knowing this, we can be all the more impoverished, spiritually and emotionally. But something wonderful and unique can occur when our contact with the world becomes direct.