

Recognizing And Tracking Our Own Enlightenment



Mushiba: *How to Become Enlightened* is a topic that sells millions of books ~ and even more if a step by step process is detailed. Yet, there is nothing mystical about gaining enlightenment. We achieve it every day by simply living our lives. Still, many people are waiting for that *Oh, Wow Moment*. And while these moments do occur periodically, they are the result of day-by-day learning, done with incremental steps.

Waith discusses enlightenment very matter of factly and takes the mystery out of it ~ as he does throughout his guidance. Here is Waith giving a suggestion for *Recognizing And Tracking Our Own Enlightenment*:

Waith: *“Enlightenment means joy. As you go within Self each day, recognize that you move ahead, even if it is ever so slightly, and celebrate it. Do not look at what you did not accomplish ~ rather, look at what you did accomplish and say to yourself, ‘Look what I have done ~ I have accomplished something.*

“It does not have to be monumental. When you are standing in line and the person in front of you looks at you with a frown, you can become enlightened by gently smiling at that person. Enlightenment for Self can be as Simple as That!”

Yes, smiling is a wonderful tool for Recognizing And Tracking Our Own Enlightenment.