

The beginning of freedom
is the realization that you are not the “thinker”.

The moment you start *watching* the thinker, a higher level of consciousness becomes activated. You then begin to realize that there is a vast realm of intelligence beyond thought, that thought is only a tiny aspect of that intelligence. You also realize that all the things that truly matter – beauty, love, creativity, joy, inner peace – arise from beyond the mind.
You begin to awaken.

Eckart Tolle