

## FOREWORD

Words can point beyond words. To silence, to stillness - the place that makes words possible.

Of course words such as enlightenment, awakening, freedom and peace are only words, but when they emanate from the place of silence and stillness, from one who has moved into that place, we *feel* the truth being pointed to within ourselves.

Meditation is a tracing back to the source of this truth, a reclaiming of the territory that is already here, already alive, already witnessing the life we live, and in a very real way informing it, moment to moment.

This tracing back can be done solo, but in almost all spiritual traditions, an awakened teacher is recommended to help us get over the rocky bits and through the dark places we can get stuck in.

The teacher becomes the solid rock of truth that sits before us. When we forget just why we spend these hours following our breath, watching our thoughts . . . when we lose sight of exactly why we are putting ourselves through so much pain . . . the teacher reminds us, 'It's all worth it. Every bit of effort is truly worth it.'

This book is no replacement for a living teacher who is present in your life, but it can be a great aid for those without a teacher and even for those with one.

'What do you want?' Linda Clair asks at the outset. It's both the title of this book and one of the first questions she asks every new student that comes to sit with her. The question immediately places us directly in front of the mirror of who we really are.

We are stripped bare for a moment to see the truth right here, right now. 'What do you want?' she asks. Our answer will shift and change as we slowly deepen our realisation of the vastness that is the truth within us.

This question is at the root of all our struggle with life, as our wanting creates our pain and misery, yet it also is our key to freedom. As our wanting becomes more and more refined, more purified, we come to trust and see just how the wanting begins to release us from wanting completely, allowing for life's wanting to flow through us.

We discover that life simply wants to be lived.

Nisargadatta Maharaj said in 'I AM THAT', 'After all, what do you really want? Not perfection; you are already perfect. What you seek is to express in action what you are. For this you have a body and mind. Take them in hand and make them serve you.'

Linda Clair's teachings are simple, direct and precise. The practice is at the heart of her work; without regular meditation, the place she's pointing at with her words will only ever remain words.

If what you want is the truth that Linda points to when she speaks about enlightenment, awakening, freedom and peace, then this book, together with your own time and energy put into committed practice will lead you well on the way to that vastness that we all knowingly or unknowingly seek.

'What do you want?' Let your own answer guide you back in.

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