

Lifting the Veil of Duality: 3 Key Practices of Self- Mastery

When one is solely focused on the physical world around them, it becomes easy to be governed by the illusion of duality. The veil of thoughts and the five senses pulls the mind outside of ourselves and we get enamored with the endless opposites all around us; everywhere we look and in everything we know and care about. If you've ever studied Sacred Geometry, then it is likely that you have come across the manifold structure known as the Torus. A Torus is the 3-dimensional doughnut form that has been used to represent a number of things in our "real" material world as well as our "potential" imaginary one.
#duality #selfmastery