



## **A Matter of Perspective**

### **1. The worldly perspective**

**I am this body.**

**I am separate from all else in the universe.**

**My own happiness is dependent on the world being a certain way.**

**I have the power to change things if they are not a way that they need to be.**

**Death is not the end of me.**

### **2. The spiritual perspective**

**My experience of being separate from all else is an illusion.**

**My happiness being dependent on the world being a certain way is an illusion.**

**The idea that I can change anything by an act of will is an illusion.**

**With death of the body, "I" cease to exist.**