iii.) Mindfulness allows us to look at the root and realize that’s not what we actually want

iv.) It is a reflex same as someone pulling their hand back from a hot stove

v.) We begin to break down the hindrances that creep up

c.) Knowing

i.) even though we cannot describe in words why the things we uncover in our states of awareness are true, we know them to be true more than anything else

ii.) This is similar to that of a testimony

1.) It is easy for us to know the truth, but sometimes hard to tell people how we know

iii.) True reality comes from mindfulness