

“Life is like looking out of the window while sitting in a train. You have no control over what appears in view. There’s even the moment after the train has paused, when it imperceptibly begins moving again. The appearance is that the train is motionless, but the scenery outside the window is moving. That, too, is a view that life sometimes gives us, a falsely relative view. We make no attempt to control the scene observed outside the train, knowing that wishing that it was something that it isn’t would be useless. And so it is, for the person who relaxes into Absolute awareness. Whatever passes across the screen of consciousness, whatever the organism experiences, is viewed dispassionately. The viewer acknowledges that all things change, and merely witnesses the changes impartially.”

— [Abiding In Nondual Awareness](#) (Robert Wolfe)

Suzuki Roshi on the inner experience of Zen: “The sights we see from the train will change, but we are always running on the same track. And there is no beginning or end to the track.”