

Two Quotes from  
***Wake Up To Your Life:***  
***Discovering the Buddhist Path of Attention***  
By Ken McLeod  
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**Quote 1 – Page 1, Chapter 1**

*One day the villagers thought they would play a joke on Nasrudin. As he was supposed to be a holy man of some indefinable sort, they went to him and asked him to preach a sermon in their mosque. He agreed.*

*When the day came, Nasrudin mounted to the pulpit and spoke:  
“O people! Do you know what I am going to tell you?”  
“No, we do not know,” they cried.  
“Until you know, I cannot say. You are too ignorant to make a start on,” said the Mulla, overcome with indignation that such ignorant people should waste his time. He descended from the pulpit and went home.*

*Slightly chagrined, a deputation went to his house again, and asked him to preach the following Friday, the day of prayer.*

*Nasrudin started his sermon with the same question as before.  
This time the congregation answered, as one man:  
“Yes, we know.”  
“In that case,” said the Mulla, “there is no need for me to detain you longer. You may go.” And he returned home.*

*Having been prevailed upon to preach for the third Friday in succession, he started his address as before:  
“Do you know or do you not?”  
The congregation was ready.  
“Some of us do, and others do not.”  
“Excellent,” said Nasrudin, “then let those who know communicate their knowledge to those who do not.”*

*And he went home.*

Idries Shah  
*The Exploits of the Incomparable Mulla Nasrudin*

**Quote 2**  
Page 16, Chapter 1

... The path described here does not promise quick results. It does not rest on fictions, beliefs, or peak experiences. It consists of taking apart, brick by brick, the wall that prevents us from knowing what we are. To dismantle that wall is the work of a lifetime. It requires an *outlook* to show us a way, a *practice* to develop the abilities we need, and a *way of living* that brings the practice into life.

The *outlook* is **no separation**: we are what we experience, nothing more and nothing less.

The *practice* is **attention**: cultivating attention and using it to dismantle the sense of separation.

The *way of living* is **presence**: we live in attention, aware and awake in the mystery of being.