

## Hiding

The range of what we think and do  
is limited by what we fail to notice.  
And because we fail to notice  
that we fail to notice  
there is little we can do  
to change...  
until we notice  
how failing to notice  
shapes our thoughts and deeds.

R. D. Laing

Quoted in *Meeting the Shadow*

By Connie Zweig and Jeremiah Abrams