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SEVEN READINGS · BY MAITREYA

# Worth *Knowing*

*Seven Things That Will  
Save You Years*

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*You signed up because something inside you knows there is more.*

*That knowing is real. It's the most reliable thing you have. It has been with you your whole life, quietly waiting for you to listen.*

*For the next seven days, I'll send you a short reading each morning. Five minutes. One idea. One thing to notice in your day. Nothing to memorise, nothing to perform.*

*These are not concepts to add to what you already know. They are reminders of what you have always known but have been too busy to remember.*

*Read them, then go live your life.*

*— Maitreya*

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· DAY 1 ·

# There Is Something In You That Is Already Awake

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Right now, as you read this, there is something in you that is simply aware.

It is not your thoughts. Thoughts come and go.

It is not your emotions. Those rise and fall.

It is not your body. The body changes every day.

It is the awareness behind all of it. The presence that has been here through every chapter of your life. The same awareness that watched you take your first steps, that holds you now as you read these words, that will be here in the moments before you fall asleep tonight.

*This presence is what you really are.*

Most people spend their entire lives identified with the things that come and go. They believe they are their thoughts, their feelings, their roles, their stories. So when those things change — and they always do — life feels unstable. The ground keeps shifting beneath them.

But the awareness is steady. It has never moved. It cannot be added to or taken from.

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When you start to live from this awareness instead of from the noise on the surface, everything changes. Not your circumstances — those continue. Your *relationship* to your circumstances. The fear quiets. The grasping eases. You are no longer at the mercy of every passing wave.

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**TODAY'S INVITATION**

*Once today, in any moment, ask yourself: what is aware right now? Don't answer. Just notice that something is here, before the next thought arrives.*

— Maitreya

# You Are Not Your Thoughts

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Sit quietly for thirty seconds and watch your mind.

Notice that thoughts arrive on their own. You did not choose the last thought you had. You will not choose the next one. They appear, you experience them, they dissolve, and the next one is already on its way.

*If you are not the one creating the thoughts, who are you?*

You are the one watching them.

This is a small recognition with enormous consequences. Most of human suffering comes from believing what thinking tells you. The mind says you are not enough. You believe it. The mind says this will not work out. You believe it. The mind says you should be further along by now. You believe that too.

But thoughts are not facts. They are weather passing through. Some are useful. Many are not. The skill is to learn the difference.

You don't need to stop thinking — you cannot. You only need to stop believing every thought as if it were a true report about reality. When you watch the mind instead of being lost in it, you reclaim your power. The thought says *you are unworthy*. You see the thought. You let it pass. You return to what is actually true.

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This is the foundation of every spiritual teaching worth its name.

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**TODAY'S INVITATION**

*When you catch yourself in a worried or critical thought today, name it. Say silently: this is just a thought. Then watch what happens.*

— Maitreya

# Pain Is Inevitable. Suffering Is Optional.

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This is the oldest teaching there is, and it is also the most practical.

Pain is the actual experience: the tightness in the chest, the ache in the body, the fear that visits, the grief that arrives. Pain is part of being alive. You will not avoid it.

Suffering is what you add on top.

Suffering is the story the mind builds around the pain. *This shouldn't be happening. Why me? What does this mean about me? When will it end?* It is the resistance to what is actually here. The clenching. The mental commentary. The wish for things to be other than they are.

The pain might last twenty minutes. The suffering you add can last twenty years.

Here is what I have learned, from my own life and from working with thousands of people: when you stop fighting the pain, the pain itself becomes far easier to bear. Not because it disappears, but because you are no longer adding the second arrow.

You can practise this in small moments. The next time something difficult arises, pause. Don't try to fix it. Don't try to escape it. Don't even try to accept it — that is still a doing. Just stop the inner *no* for a few seconds. Let the pain be what it is.

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You will be surprised how much of what felt unbearable becomes bearable the moment you stop bracing against it.

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**TODAY'S INVITATION**

*Pick one small discomfort today – physical or emotional – and let it be there for one full breath. No fixing. No escaping. Just letting.*

– Maitreya

## There Is No Self To Fix

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Try something for me.

Look for the “you” who is reading this. Where is it? Is it in your head? Behind your eyes?  
In your chest?

When you actually look — really look — what do you find?

You find sensations. Thoughts. Feelings. Awareness.

*You do not find a self.*

The self you have been carrying around your whole life — the one that worries about the future, defends the past, protects its image, and constantly tries to improve itself — is a story. A very detailed, very convincing story. But a story all the same.

This is not bad news. It is the best news you will ever hear.

The self that was never really there cannot be hurt. Cannot be insufficient. Cannot fall short. The whole project of self-improvement is a story trying to improve itself, and it can never finish, because there is no one there to be improved.

When you see this clearly, an enormous weight lifts. You are still you in the everyday sense — you still have a name, a personality, preferences, a life. But you are no longer at war with yourself. The endless attempt to become a better version of someone who was never real can finally end.

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What is left when the false self relaxes? Awareness. Aliveness. A natural intelligence that knows how to live without all the trying.

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**TODAY'S INVITATION**

*When the inner critic shows up today, ask: who is being criticised? Who is the one criticising? Notice that both are made of thought. The thing noticing them is not.*

— Maitreya

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· DAY 5 ·

# Your Body Is Telling You The Truth

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The mind can lie to itself. The body cannot.

The mind will convince you that you are fine when you are not. That you should keep going when you need rest. That this person is safe when your gut says otherwise. That you have to push through when every cell is asking you to stop.

The body just reports what is actually happening. The tightness in your shoulders is real. The ache in your chest is real. The exhaustion is real. The body cannot perform — it can only feel.

Most of us were taught to override the body. To live in the head, to think our way through everything, to treat the body as an inconvenience that should follow what the mind wants. This is one of the deepest causes of human unhappiness. The body has wisdom. When you ignore it long enough, it will eventually scream to be heard, often through illness or breakdown.

The good news is that the body is patient. It will respond to the smallest gesture of attention. A breath taken consciously. A hand placed gently over your heart. A few seconds of really feeling your feet on the floor.

These are not small things. They are how you come back to yourself.

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The spiritual life is not lived above the neck. It is lived here, in this body, in this breath, in this aliveness that is happening right now. Awakening is not an escape from the body. It is the recognition that the body has been the temple all along.

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**TODAY'S INVITATION**

*Three times today, drop into your body for one full breath. No agenda. Just feel yourself being alive.*

— Maitreya

# Awakening Is Not A Feeling

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This is the most important clarification I can give you, and almost no one says it.

People expect awakening to arrive as a state. Bliss. Oneness. Permanent peace. They do practices hoping to *feel* awakened. When they have a peak experience, they think they have arrived. When the experience fades — and it always does — they think they have lost it.

*This is a misunderstanding.*

Awakening is not a feeling. Feelings come and go. That is what makes them feelings. Awakening is a structural recognition: that what you fundamentally are is not a feeling, not a state, not a self. You are the awareness in which all feelings, states, and selves appear and disappear.

Once that is seen — really seen, not just understood — you can be having a hard day, feeling sad, feeling anxious, feeling angry, and the awakening is not affected. Because awakening was never the good feeling. It was the seeing of what is underneath every feeling.

Long-term spiritual maturity does not look like permanent serenity. It looks like a regular human being, with the full range of normal emotions, who is no longer at war with their own experience.

If your spiritual practice is essentially a strategy to feel better all the time, it will fail. Not because feeling better is bad — it is lovely — but because making it the goal traps you in chasing experiences. The more you chase, the further you get from the only thing that is steady: the awareness watching the chase.

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*What ends suffering is not a permanent good feeling. It is the recognition that you are not your feelings.*

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**TODAY'S INVITATION**

*Notice the next emotion that arises today. Then notice that something is aware of that emotion. The awareness is not the emotion. That tiny shift is the whole point.*

*— Maitreya*

# What Changes, And What Doesn't

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Now that we are at the end of these seven days, I want to be honest with you about what awakening actually looks like.

What does not change:

You still have a personality. You still have preferences and weaknesses and blind spots. You still get tired, hungry, irritable, sad. You still have to pay your bills, do your work, deal with people who annoy you, wash the dishes. You still grow older. You still die.

If anyone tells you awakening removes the conditions of being human, they are either lying or selling something.

What does change:

The relationship to all of it. Tiredness is still tiredness, but you do not build a story out of it. Irritation passes through without taking hold. The dishes are just dishes. Suffering becomes something that visits, not something you live inside permanently.

You stop running. Not because you have become detached, but because you can no longer find anywhere to run to. The thing you were running toward was always behind the running.

Most importantly: ordinary life starts to feel okay. Not euphoric. Just *okay*. Which sounds underwhelming until you realise how much of human life is spent feeling subtly not-okay, like the real life will start later. When that ends, even ordinary moments become enough. A cup of tea. A walk. A conversation. The light coming through a

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window.

That is the whole thing. There is nowhere to get to. There never was. *What you are looking for is the one looking.*

You have done well to stay with these seven days. The work is already happening in you. It will continue to unfold in its own time, often when you are not looking — usually long after you have stopped trying.

I will write to you again soon.

— *Maitreya*

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What you are looking for  
*is the one looking.*

*If you want to keep going,  
the rest of the work lives at [maitreyabuddha.com](http://maitreyabuddha.com)*

*Maitreya*