
THE GOLDEN PATH LIBRARY

- 2026 -

Opening Our Sight

Expanding the Aperture of Experience



*Is it possible that we have moved through life assuming we are seeing reality as it is —
while missing a deeper reality that is available to us?*



Introduction

Is it possible?

Is it possible that we are seeing and allowing only what is familiar, conditioned, and expected— while limiting ourselves from a fuller experience of ourselves, others, and life?

Is it possible that we are seeing what our mind knows how to recognize and allow— while missing what is available within the “optical illusion”?

Expanding the Aperture of Our Experience

If we are experiencing life through a narrow (familiar) perception—filters, concepts, belief systems, stories, and automatic postures— we will largely continue to see exactly what we have always seen.

However, if we consider the invitation of expanding the aperture of our experience...

What might we see?

What might we receive?

What might we be creating?

What might we choose to create?

What might be available to us?

What Is Beauty?

Most of us have been taught to see beauty in very specific forms—what is pleasing, harmonious, easy to love.

We’ve been shown what is beautiful through culture, family, religion, and society.

For example, we’ve been taught:

A sunset is beautiful.



A certain kind of body is beautiful.

Certain colors, expressions, environments are beautiful.

And just as clearly...we've been shown what is not.

Inquiry:

What have you been told/taught is beautiful?

What is your definition of beauty?

Does this current definition allow what you desire to experience of yourself and life?

As we explore beauty - do you have a desire for more beauty? In what ways?

Provocative Inquiry

What if we slowed down our knowing of what is and is not beautiful?

What if we dared to set aside our current knowing...and play inside a new creation—where we create our own definition of beauty, based on our lived experience...from the way moments, environments, and people move us...open us...meet us...and how we naturally feel and respond.



Removing Constraints

Inquiry:

If you were not worried about being judged (by yourself or others) or misunderstood...what might you allow yourself to see, feel and experience as beauty?

If no one else's definition mattered—or if you had never received one in the first place, what would you allow yourself to fully experience or explore in the spirit of opening to more beauty?

What might you discover is your definition of beauty as you allow the aperture of your life experience to not just include the narrow and contracted but the widening and expansion. Not exclusive but inclusive, as part of a larger - more whole - opportunity of life?

Living the Inquiry

As you move with this inquiry...

Please remember:

This is not about forcing something to be beautiful.

It is not about bypassing or pretending.

It is simply about opening your availability...

To see more

To feel more

To include more

To allow your awareness to expand so that reality is no longer reduced to a single interpretation... or something predefined.



Closing

Perhaps beauty is not only something we recognize...

But something that becomes visible as the aperture of our being—of our lived experience— is allowed to receive a wider, more honest experience of ourselves... of reality... of this life... of this moment, right here, right now.

There is no formal practice associated with this week's teaching.

You are simply being invited into an exploration—of what beauty means to you...how you might rewrite or create a new definition of beauty for yourself and perhaps begin allowing, receiving, co-creating beauty for yourself. Perhaps you're living inside an ocean of beauty..right now. Who knows, we shall see...

