

Some Thoughts About Enlightenment

—from Milam's Notes

You cannot change the past but you can change yourself and, thereby, the future.

—Tuesday, June 13, 1989

An ingredient of enlightenment is the ability to forget the experience but to remember the lesson.

—Thursday, January 11, 1990

An ingredient of enlightenment is the ability to remember the past without a sense of loss.

—Monday, January 21, 1991

Enlightenment isn't a destination. It's a journey.

—Wednesday, August 14, 1991

Before you question yourself, question your assumptions.

—Saturday, October 19, 1991

An ingredient of enlightenment is to achieve high self-esteem and humility, both at the same time.

—Thursday, October 27, 1994

Ability can be judged by accomplishments but character must be judged by goals.

—Friday, February 3, 1995