

## Article 205: Choice ...to Choose or Not to Choose – part 1

All Choices are equal ...and the universe unconditionally supports all choices equally, but you believe that some choices are better or more-equal ...or more-appropriate and desirable than others, ...don't you? Choosing is deceptively simple though choosing as you truly desire takes practice, ...but then, since you always choose to serve yourself, if we can keep you from “rushing to judgments” at every moment of choice, and get you to choose and accept what you desire “right now” instead of choosing and struggle to hopefully cause what you desire sometime in the future, then we can probably get you to choose *as you truly desire*, ...but first, let's look at some deceptively simple choices which only lead to confusion and disappointment ...and loss of living as you truly desire. Some of these choice-by-judgments are:

1. Choice of reaction: choosing to eliminate discomfort or change your comfort, or to create or maintain comfort.
2. Choice by conditions: choosing based on “what happens if...”
3. Choice by elimination: choosing by eliminating undesirables, so you finally choose the least of the undesirables.
4. Choice by force: choosing because you feel you have no other option or are required, by circumstances or situations, to make a particular choice.
5. Choice by limitation: choosing only from what seem possible or reasonable or desirable.
6. Choice by rejection or default: choosing by not choosing.
7. Choice by adverse possession: assuming, after the fact, that if you have, for instance, diabetes, then you obviously chose that.
8. Choice “for now”: choosing but not really committing to that choice; ...of course, the *for now non-commitment* always seems to continue and continue.
9. Choice by indebtedness: choosing because of duty, necessity, or to pay back or return a favor.
10. Choice of indirectness: choosing the process instead of the result, ...such as choosing to eat “healthy” foods rather than choosing to be healthy.
11. Choice by creation: choosing to create or cause what you desire.
12. Negative choice: choosing to avoid illness rather than choosing enriching wellbeing.
13. Choice by consensus: choosing by following the majority.

14. Choice to be different: choosing contrary to the majority merely to stand out.
15. Choice by not-desire: choosing by not choosing what you do not desire.
16. And many, many more.

As you can understand, there are quite a few choices-by-judgment, but none of term include **choosing as you truly desire**. Is it possible that you make “impossible choices” to “prove” you are undeserving? Though you constantly make mental?emotional?verbal?choices, all *real choosing* is done with every belief, thought, attitude, emotion, word, and action.

How you choose reveals, in each situation, where, to you, the most power and impact of that choice lies, ...if it is, for instance, avoiding illness instead of being healthy, then avoiding illness is a more-powerful motivation and result than being enrichingly well. All of these choices-by-judgment reveal you believe that everything is more-important and more-powerful than you are. Is it wise to continue living such beliefs? ...after all, you created these choices in your life ...which you are now avoiding, struggling against, attempting to overcome, or trying to resolve, so why not choose as you truly desire ...instead of choosing against yourself?

Focusing a lot of time and energy on “avoidance choices” of any form~which most people do~creates a life of avoidance; ...and even if you desire and enjoy your work or relationships or some important aspect of your life, that is probably more-because of what you are avoiding or not doing than what you are living. Have you ever chosen to stay in a job because you couldn’t find a “better” one? ...or chosen to remain in an undesirable relationship because you didn’t want to live alone? If you are not willing to make decisions to fully support yourself and life as you truly desire, are you likely to make decisions to fully support another? ...or your job? Maybe that’s why your job or personal relationship is not satisfying. Do your choices seem to ensure disappointment? What might that reveal about the self and life you are creating and choosing?

Basic choices are about what you want ...or want to avoid, while secondary choices are made to begin implementing the basic choice, ...for example, choosing good health and loving relationships are primary choices ...while exercising and limiting your caloric intake are secondary choices ...yet beginning steps to health, ...and being loving and caring with someone is a secondary choice which is a beginning step to a loving relationship. You cannot blame, accuse, criticize, and constantly argue and have either good health or a loving relationship.

Mind transforms your long-felt desires into real choices, ...are you willing to enhance your self and life with self-chosen changes? ...or will you continue waiting for things to happen? Look around and see the wonder of what you have created! The ever-changing patterns of ordinary life as observed and experienced around you do not offer useful points-of-reference to make consistent and reliable choices for your self and life, ...look to the inner-pattern of choices and see how they have manifested for you. Are you willing to see and learn about new things? ...and new ways of being and choosing? Look beyond previous experiences ...and the assumed choices you believe created those experiences, ...do not let your mind and life leap around undisciplined from one choice to another. Be attentive to the attitudes you have about new choices, ...for problems and emotional responses are probably outpicturing hidden aspects of the choices you have made ...or failed to make.

Be willing to discover that you are using many of your choices to hide from yourself. Everything you choose, you choose creatively by making it up moment by moment, ...then, you are defined by those choices and live within the environment of those choices. Though you may believe otherwise, individuality is chosen, created, and lived ...it is not spontaneous, ...your task or purpose is to choose who you are. Just as your body and experiences are perfect outpicturings of the beliefs, thoughts, and attitudes you have about your self and life, the conquest of fear and illness begins with choosing finer, more-desirable beliefs, thoughts, and attitudes about yourself, ...are your negative choices stronger and more-numerous than your positive ones? Are you willing to let each choice reveal the beauty of a new self and life? ...or are you addicted to your old choices and experiences?

Each choice is what you make of it!