

Article 23: Your Confusing Life Of Opposition.

Is there any wonder that life is so confusing and filled with struggle and conflict when our language is constructed upon opposing dualities? It is commonly believed that, for instance, love and goodness and happiness are only known in contrast to their opposites; ...you believe and think in these opposites, your attitudes and emotions are trapped in dualities, your words are controlled and limited by opposing contradictions, and your actions are confused by and misunderstood because of these opposing constructs.

Science investigates the properties of particles--the basic building-blocks of life--by colliding them with other particles--known as scattering experiments--and observing the actions and reactions which follow. This process imposes our conflicts onto elementary particles and reveals the results of our conflicts ...but indicates little or nothing about the basics of life outside of such opposition. In this, science, as shown by quantum physics, rightfully "proves" that the observer and methods of observation and measurement affect the results, ...actually, such observations and measurements control the results. Scientifically, we know much about many things, but only relative to opposing responses, ...and very little about things that are not being opposed.

Beliefs in life are "tested or proved correct" by how well they stand up against "opposing" beliefs: politicians speak more loudly and eloquently about what they are against than what they are for; you can be easily and passionately aroused to struggle against things, events, or actions; people make more decisions based on avoiding what they do not want than the wondrous self and life they do want; physicians and healers fight against "the causes of disease", ...instead of helping you live the self and life of happiness and wellbeing you desire; people act against unhealthfulness ...not for wellness; judgments are made about what is "wrong or bad or evil"; and religion struggles against bad and evil, instead of seeing the goodness of all things.

In all of these struggles, and many others, have you come to believe, in certain ways, that your only relief and pleasure is a change of problems and burdens? Is your life sweet with the fruits of the self and life you truly desire, ...or bitter with the fruits of judgment? When you speak, and your mind and attitudes are openly and clearly revealed and paraded around for all to see, ...do you and others enjoy the parade? Do your friends consist of those who can speak of the truth of yourself, ...and do so? ...or do they speak mostly of what you want to hear? Do you frequently cloud, bewilder, or forsake your normal conscious awareness and understanding?

One reason for transferring or projecting your own attitudes and feelings to others around you is that the vagueness, uncertainty, and conflicts of those attitudes and feelings are eliminated and made clear ...so you may more easily and wisely deal with them, ...but do you appropriately deal with them?

Stress does not come from situations, activities, or relationships ...but from how you perceive those events, endeavors, or individuals. Do you tend to see and react to major difficulties or loss as being devastating and grievous, ...or merely inconvenient? Are you focused on the future you prefer ...or on what you consider to be inevitable? Do you get caught up in petty matters ...and lose sight of your true dreams and meaningful purposes and relationships?

Making mistakes and correcting them is natural, but when your eraser wears out before the pencil with which you are writing your self and life, it is past time to reconsider the choices you are making, living, and struggling against. Do you frequently feel like, "what's the use? Why even try? It's not my fault"? Do you feel that your lifeseff is out of control? Do you even know where you are going? Don't worry, for if you don't know where you are going, every road will take you there. Is your life so difficult and burdensome to you that you wonder if it has you confused with someone else? And when matters are good and pleasant, are you still anxious that just maybe life is uncertain about who you are? Do you hasten to enjoy things before they are taken away? Have you become so accustomed to your conflicts and struggles that you believe they are true? Have we describe your self and life of conflicts and contradictions?

**What are you willing to do to
expand--change--your self and life?**