

Article 244: Twisted Narratives -part 3

Habits and routines are both the construction and ruination of the self and life you truly desire, ...they are beneficial in letting you live self-evidently without conflict ...and they are detrimental if you live in these ways and continue judging and reacting to the same or similar matters over and over. Your dichotomylanguage and the structure of the language, create the essence and form you sense and experience of every aspect of your livingself and life ...and the world around you; ...they are the source of your joy and grief, your doubt and confusion, your illness and wellbeing, your fulfillment and emptiness, and all struggles and peacefulness. It seems, therefore, that it will take quite a shock or disturbance or interference to move you out of your old habits and ways, especially since your feelings and experiences seem to confirm that your old beliefs are true. Through language, your beliefs, thoughts, feelings, and experiences are self-justifying.

There is so much more to consider
then only what is outpicturing...

Instead of trying to immediately heal, resolve, harmonize or overcome your doubts, confusions, and discomforts, pay close attention to them, for, after all, throughout history, every significant advance was brought about or instigated by people who had a different view of matters ...or of life, or whose normal life was disrupted or aggravated in ways that forced them to think and visualize beyond life and language "as usual".

Making connections is essential to an enrichingly fulfilling life! This does not mean to follow a pattern of rational thinking, as determined by language, and then jump to conclusions, it means taking what you have and know in one area of your life and see if that is true in other areas, for if it is not true even in similar areas, then your basic beliefs or conclusions must be incorrect, for, after all, since both areas of your life are related directly to you, their foundation must be the same. Making these connections in your own life is like a litmus test for *your truth*, ...and as this awareness is developed, you can know and understand areas of your self and life, and matters of concern, which you know little or nothing about.

You do not have to know everything about your self and life, but, through connections [not assumptions, associations, or conclusions], you can overcome dichotomylanguage limitations to your personal knowing, ...then, as this knowing expands in your life, you can apply this same connectioning-process to broaden your understanding of others ...and help them truly know themselves. Joining previously unconnected

awarenesses and aspects of self and others will enable you to live a fuller, more resounding and enriching life. All true knowing involves making connections, which enables you to expand beyond your limited and limiting dichotomy language-believing?thinking, or you can forsake your connections and enriching awarenesses, and continue life pretty much “as usual”. By not trusting yourself and your connections, you abandon a precious possession, and continue a self and life you don’t really desire ...and then struggle endlessly to justify your beliefs and actions ...and unfulfilling life.

You are living and protecting your language
and abandoning yourself. Wake up!

Desirable Undesirable.

Can an event or action ever be undesirable? If you declare that it can, you are judging the consequences or conclusions, not the event or action itself, which means that the event or action is not undesirable ...and can never be undesirable, ...therefore, all things, including such events and actions, are equally desirable. This being so, you are free to choose and act as you truly desire without trying to discover which choice is desirable ...or right.

But, wait!

Certainly, there are undesirable consequences ...and these must come from undesirable events or actions, not from desirable events or actions, ...wouldn’t you say? ...though, of course, undesirable consequences can come from desirable events or actions, ...and desirable consequences can come from undesirable situations. If this is true, then it means that desirable and undesirable are the same, and what is desirable is undesirable ...what is undesirable is desirable, ...thus, you can never rely upon desirable/undesirable as a guide in life!

What will you do now?

Could it be that all problems and suffering in life are not the result of grasping and desiring ...but result from declaring that some things are undesirable ...and then struggling with your own declarations?

But, ...since all things are desirable

Why not declare exactly as you desire ...and live that? Actually, why not declare exactly as you desire ...and be that? You are fearful of doing this, ...aren’t you? ...because you still believe that some things are undesirable?

Life is constantly enriching you.

What undesirable individuals or matters are you dealing with? ...and struggling against? Are you certain they are undesirable? ...or could it be that only your assumptions and judgments are undesirable? Look again! ...more closely, and reconsider matters more-deeply.

Your body and life outpicture your false conflicts between desirables and undesirables!

Are Your Conclusions Correct?

Given the probability that a generalization has only a 50% chance of being true, then declaring that "a belief has only a 50% chance of being true" is incorrect, for by stating this belief you have some evidence for believing your belief is true, but since there is, at best, only a 50% chance that your evidence is true, such evidence lessens the probability of the belief being true to 25%.

What conclusions can you draw from this?

The same is true of facts and conclusions, for, on its own, the probability of a conclusion being true is 50%, but the probability of a conclusion-based-on-facts being true is reduced to 25%, simply because the probability of your facts being true is, at best, 50%, ...and trying to "prove or justify" your facts will further deplete and weaken your conclusions.

Your conclusions diminish you!

Stop drawing conclusions and worrying about what others will think ...and how they will judge you, ...state yourself and let others draw conclusions. Of course, there is the probability that you don't really believe your own conclusions or beliefs, so why are you trying to prove them? ...or justify them?

For, in the same way

All beliefs or facts decline as the fundamental "facts" are continuously repeated and applied to justify, explain, or demonstrate the truth of the original belief, ...besides, your friends don't need you to do that ...and your enemies won't believe you. Maybe, relative to your beliefs, you are the enemy.

Live creatively!

Have you been trying to justify your own beliefs or conclusions about someone or something? Are you succeeding at this? ...yet, you won't

stop ...will you? Do you believe the justifications others offer you about their beliefs and conclusions? ...then why would you expect others to accept your justifications?

Speak up ...then shut up!