

Article 296: Some Mindstuff About Mind –part 1

1. It is frequently declared that “your body is the grossest manifestation of your trueself and consciousness”, which, in your duality-language, means vulgar, lacking real sensitivity or discernment, and even obscene, yet, your body, as an assemblage of your personalized energy-cells, actually is the greatest *example and expression* of your mindfulself, ...thus, as you forsake or misuse your body, you sacrifice your source of self-awareness that brings all things in the universe into focus for you as you are.

2. Live your mindfulself mindfully! It is said that the satisfaction of one desire produces another and another until your satisfaction deteriorates into anxiety ...which creates even greater and stronger anxieties, such that to end anxiety, you must end your desires, ...however, this description is true only in a dualitylanguage world, ...whereas, in the mindful world in which you actually live, the satisfaction of desires producing other desires for satisfaction expands you, creates fulfillment, and effects *the greatest mindful you ever* ...not anxiety. Don't be deceived! ...anxiety occurs in your languaging, not in living your fulfillment.

3. All beliefs in denial, cleansing, mortification, and purifying were developed at a time of ignorance about the world in which you live, when there was a deadly reliance upon a dichotomylanguage, in an atmosphere of misplaced trust and faith in unknown•unreal spirits combined with many other ill-conceived and long-perpetuated misbeleifs. All things are mind! ...can anything be impure? ...or in need of cleansing?

4. Knowing now that all things are mind, are you beginning to understand why you cannot successfully renounce force and untruth for peace and truth? If you struggle to control or end your desires or appetites, you will not succeed, for withholding or controlling harmful acts will only frustrate you ...and struggling to overcome “negatives” by adding “positives” will defeat you.

You cannot acquire “spiritual energy” by forsaking desires, thoughts, actions, beliefs, or attitudes, for spiritual energy, being always available, cannot be blocked ...and no amount of indifference aimed toward your physical body and life ...or removal from desires will ever offer purity of self and knowing, a passionately caring heart, a strong “chi”, or control of yourself.

5. If you were to forsake the unknown superlatives of spirit•God•righteousness•love, end the restrictions and struggle of opposings, realize the ignorance of judgments, and stop living the limitations and false beliefs of

a dulaitylanguage ...and begin living the differentiated oneness of mind as you truly desire, what do you suppose your life would be like?

6. To believe that “the universe exists so you can experience it and thus become liberated” is utter foolishness, for, following this “self-serving reasoning”, without the universe existing, you are already free, ...thus, the universe alone traps those it claims to liberate.

7. If you believe your mind is the instrument of perceiving and experiencing ...and the world is the object of your perception, you never know anything about who is observing and experiencing, ...however, as youmind is the perceiver and experiencing ...and the object of perception and the experience, all is known, ...but, if you still believe that mind is merely the tool you use to perceive and experience the world around you, you haven't understood anything we've said, ...and you certainly don't know anything about yourself.

8. In using the word “mind”, we are not referring to *what and how your brain processes input*, ...in fact, though mind can be outpictured or expressed personally through brains, mind is not limited to brain ...or to brain-actions.

9. Promisemind includes all the attributes and activities of consciousness and mind combined as an infiniteparticular which is further particularized as “youmind” ...which is described in this way to indicate a personal particular oneness with you, instead of using the normal languaged expression of “your mind” ...which separates you and mind; falsely establishes them as different and subordinate, and keeps you believing that you~an unkown you~are the possessor of a limited mind, youmind holds everything together.

10. Neuroscientists have vainly sought, in the brain and elsewhere within you, a property that is consciousness or a center in your brain, much like the starter of an automobile, which lights up with activity and starts everything else; ...is there a controller-brain or substance within you? Could there be a master chemical or energy that can be identified as consciousness? ...which, like the conductor of an orchestra, keeps every body part•aspect•function playing together in a manner in which we can describe that togetherness, wholeness, or differentiated oneness as you? ...or as youconsciousness? ...which continues year after year for as long as you live? ...which, for those who accept reincarnation or an immortal soul, maintains an identifiable “you” through infinite lives and varieties of experiences and expressions? The error in this begins in separating

consciousness and mind ...and further separating consciousness•mind• activities.

11. The more-primitive a brain is the more-predictable the creature's actions and responses will be, ...but the mind, not consciousness, "behind" the brain seems to be infinite ...and only restricted in activity to what you mind ...or what a creature minds.

12. If you can imagine a mouse sleeping cozy, protected, and comfortable in its safe little den no longer concerned about being eaten by your neighbor's cat, you can understand the self and life you spend trying to construct a safe and pleasurable world of thoughtwords and things ...only to be disturbed by other thoughts•images•feelings of what could occur ...or might happen. In your dichotomyworld, all such comfort and safety is short-lived and self-defeating, which, like the mouse hiding in his den, keeps you hiding in the comfort of your language.

13. Freedom and free will, instead of being dominant in your self and life and mind to live, have become states to achieve or attain to, which keeps you constantly disturbed by mindings of not being free struggling to get free to live your free will, ...but, ever should you "get free", like being released from a duty or obligation, getting free of an undesirable relationship, or obtaining a great deal of money, ...what will free your mind?

14. There is no greater nature, divine being, or trueself which is the real you, ...there is however youmind that is distorted by dichomylanguage thoughts, ways, and feelings about yourself and all of life. In addition, there is no "higher calling" you should discover and live, there is no other spiritual person or being that you are, and there certainly is no "greater purpose" you are to fulfill, ...you are free to be yourself! ...and those who would "set you free" bind you and deceive you.

Do you speed through life at such a pace
that you hardly know who you are?
...or how you feel?