

## Article 310: Who Are You? -part 6

You see, and only see, the red, orange, yellow, green, blue, indigo, violet colors of a rainbow simply because that's what you have seen before ...and expect to see, but have you ever heard or tasted a rainbow? ...and these colors in particular? ...or felt a rainbow? ...yet, the sound and taste and feel have always been there for you, ...but you, focusing on seeing the colors you expect, miss all the rest, ...how are you doing the same in your self and life today? ...with your intimate partner? ...and with everything around you?

There is an immense self and life within you and all around you which you have veiled and denied with duality language ...and the false beliefs you have constructed from that language. This languaging-process will not create breakthroughs to greater, more-expansive levels of understanding to bring into your self and life today, ...but other aspects of your self and life may assist you. Do you understand the difference in this? If so, let this be the first entry in your book of unusual experiences and feelings. Describe this allmind event and awareness ...and its significance for you. How do you feel? What occurred immediately prior to this sentence? ...and what followed? What if anything have you gained from this? Are you beginning to understand the allmind extraordinariness of ordinary events?

Would you rather be who you are ...or be the reason you are who you are?

Language is an extraordinary way to reduce events and experiences to memory, the only problem with this is that you constantly retrieve these memories and live the same or very similar memory-conditioned self and life over and over ...such that language doesn't really serve you today as you had hoped, and, unfortunately, in order to change *while maintaining your language*, you must struggle against and overcome your old languaged-memories, misbeliefs, and conclusions, ...and in doing this, like seeing only the colors of a rainbow and missing the rest, we are asking you to be more self•life-aware and record these realizations no matter how subtle they may be, but it is important not to destroy these awarenesses with conditioned-memories, ...therefore, it is important to record these events as quickly as possible ...before other memories interfere with your awarenesses and distort them. Remember, youminding will do anything to make sense of an event or sensation, even if you create *nonsense* to do it.

Current studies of mind and brain indicate that far-more mental activity takes place in the "subconscious" portion of your mind

(noncemand) than what occurs consciously. Your subconscious never rests, it is fully active night and day. This event-awareness process and journaling will help you expand and access your subconscious mindself ...and bring that actively into your life today. We are not declaring that your subconscious mind is a source of wisdom and creativity, expanded awareness, greater self-realization, and tremendous revelations for you to bring into your conscious life, for though your subconscious is certainly a source or operative connection for these minding activities, we suggest that you live these "greater" aspects of your self and life fully and directly all the time, ...but to do that, start showing that you want to be aware of and live these aspects and awarenesses of your self and life by becoming aware of these *unusual events and sensations* ...and recording them.

Be sure to number and date each separate entry of an unusual experience and feeling.

If you find it difficult to *sense unusual events and feelings* to record, it is possible that you are addicted to language and clocktime ...and not open to a greater self and life. This is not a matter of disbelief ...or of being too stiff and unchangeable, it probably has more to do with an unfortunate dependence upon language ...and its limited views of yourself and all of life, ...are you willing to step out of language? ...and every limiting language-created belief, thought, attitude, emotion, and behavior? ...and your false conclusions? If not, why have you come this far?

Are you willing to establish meaning and purpose for yourself? ...and every action? Are you willing to openly declare your greatest image and promise of life ...and personally live that by offering yourself to life in that way at all times? ...regardless of the praise or criticism of others? ...or your own doubts?

This process of awareness and recording will help you break up and expand your normal languaged-beliefs and ideas, words and activities, attitudes and emotions, and thinking patterns. Languaged-awarenesses and understandings are languaged into beliefs, thoughts, sensations, actions, and experiences which you then language to review, confirm, and set into memory for later use. In much the same way, recording the unusual experiences and feelings you normally neglect, will set these into memory for later application ...therefore, as you continue this process, it should be easier to sense and record more-numerous experiences and feelings, so you can clearly, comfortably, and quickly connect one idea and awareness to another and change everything accordingly in your mind

and life, ...or do you prefer your present, well-known patterns of thinking and living? Do you tend to make bold, not rash, decisions and unusual moves in life? ...would you like to? If not, do not continue this process.

Do you easily anticipate events and outcomes? ...and forsake judgments and criticism? Are you willing to move comfortably from one idea, awareness, and action to another? ...and forsake rationalizing and justifying yourself? While these conditions and previously mentioned mindful actions are actually not necessary for you to sense your allmind experiences and feelings, they will certainly help you remain open to and aware of your greater self and life, ...and this activity of awareness and recording will help you develop these attributes ...and help you become more-spontaneously aware of yourself and events around you, so you can feel comfortable in a broadly expanded self and life; ...of course, if this is not one of your desires, you can at least enjoy this process and add any self-awarenesses gained to continue living your life "as usual".

Do you generally feel safe? ...and secure within self? Or in most situations? Becoming comfortable with unusual experiences and feelings ...or conflicting awarenesses will greatly improve your sense of safety and security and control in living as you truly desire. Do you really sense the true worth and purpose of your self and life? ...and feel free to be and live pretty much as you truly desire? Are you generally free of unwanted obligations and dependencies? If you possess these inner-characteristics, you have probably been living a great deal of your desired noncemand for quite a while ...such that recognizing these "unusual" feelings and experiences ...and recording them should be quite easy for you ...and offer no real surprises, ...while others will probably be amazed to discover how much of themselves they have been forsaking every day.

If you've been looking for superconscious awareness, you have been looking in the wrong direction, ...therefore, if we ask you to look to the past ...or to previous lifetimes for the knowing you desire, it is important to understand the difference between **bringing forth the information of those lives ...and bringing forth the information from those lives**, for, later, you will want to bring forth the information and attributes of these unusual feelings and experiences ...or the information and attributes from them, ...which will you choose?

Reflect insightfully upon this ...and answer wisely!