

Article 315: Who Are You? -part 11

Like the Buddhists in part 10, do you want an answer to *who you are?* ...or do you want to follow the suggestions presented in this series and discover your unusual self along the way? ...and would you rather have the answer to this question ...or be and live the reason you have the answer? After all, until now, you have been the reason you “do not know” yourself, at least not as you truly desire, ...would you like to continue that or change these things? To do so, instead of focusing on the self and life you want ...or want to discover, consider the *reason* you want that ...or the reason you do not want something, for consciously realizing that you are the *reason* for yourself ...and everything in your body and life, but not the “cause” of these things, then, instead of judging and reacting, you can reflect upon and respond to your being the reason unusual experiences and feelings are, or are not, in your self and life which will reveal a great deal about *who you are*.

Assuming you are not content with or fulfilled by your present self and life, in part 10, we also asked you to declare your self and live that ...and never attempt to prove or disprove yourself ...or confirm or justify your actions. When you encounter ideas such as this which seem to require you to change yourself and your basic beliefs, do you, like most people, consider these ideas to be a direct threat which must be actively resisted and avoided ...or destroyed? Are you willing to be an insightful observer of your own mental processes? ...or will you continue your language-thinking “as usual” and call that living?

In asking you to be aware of and record unusual events and feelings ...and then reflect profoundly upon them, we are asking you to creatively experience some “facts” about yourself by merely combining, in different ways, two or more separate ideas or concepts which have long-been known ...in your subconscious, but you believed, in one form or another, that your self and life would fall apart if you didn’t control or limit your subconscious, thus you ignored or denied these realizations of yourself. Through this process, we are asking you to unlock your subconscious and loosen an overflowing stream of rich ideas and awarenesses which are you ...and you in action, such that, as you are unable to pursue and expand them all, you can create many possibilities to choose from. Instead of using your subconscious to support your distorted language-minded self and life, we want you to live your subconscious greatness directly ...and at all times.

To live expansively, you have to expand your mind, ...however, expanding your mind ...or your subconscious awarenesses within the confines of your duality-language is not expansion. Therefore, though it seems otherwise, life does not have physical “ups and downs”, but,

because of your duality-language, you can and do create mindful ups and downs, ...for in your duality universe, your brain retains and relies upon memories of events, actions, and outcomes ...which limits, restricts, and repeats your thinking and old concepts of your self and life, ...however, awakening your subconscious to your being the reason for your self and matters in your life, offers up a far-more-expansive self and life to declare and live at every moment, ...or do you feel reasonably comfortable and safe in your duality-languaged-beliefs consistent with everyone else? ...and sense that what you might gain from your subconscious image of *who you are* will be too vague and maybe even foolish compared with what you will have to give up or change?

Assuming you are unwilling to continue being and living the self and life you have languaged ...the only one you seem to know, are you willing to continue this “noticing•recording•reflecting-upon process”? If so, then, as soon as reflecting on these unusual experiences and sensations has served the purpose of unlocking your subconscious, enlivening you to the self you are willing to declare and live ...which are already in your life as “unusual” events and feelings, and you are willing to awaken and live these intimately personal matters within you and all around you, **burn your journal** and look forward to the next unusual experience and sensation ...and the next and the next, for they will continue being greater ...and you will not come to the end of these awarenesses and ways of life, for your self and life are far-deeper and more-expansive than you ever imagined.

There is no limit to the depth and richness of your mindful-self, you have had endless opportunities to realize the greatness of your self and life, and there have been countless experiences and sensations of this self-richness which you have passed by without noticing, ...as a result, you have forsaken your self and life of enriching adventure for struggle and frequent disappointment ...interspersed with short-times of peace and satisfaction ...and moments of happiness. Are these ups and downs sufficient for you? ...and why have they occurred?

In your duality-languaged-world, most teachings and processes ...even religions, claiming to offer expansive awareness and a greater self and life begin by blaming your “limited, unconditioned mind” which you must master through, say, meditation or faith. These teachings claim that your mind, unless severely disciplined, will continue running wild like a spoiled child. Fortunately, this is not true, for your mind only “seems” to be running wild simply because you are unaware of the constantly varying and frequently conflicting selfimages and disparate points of reference you are living and struggling against ...and offering your mind, while concealing and denying the self and life you truly desire.

Of course, in these duality-teachings, they claim that you must strengthen your “will” to properly control and direct your mind. Do you see how matters are escalating? ...in the beginning you had a *mind-problem*, and now you have a *will-problem and your original mind-problem*, ...and since will is, supposedly, the mental faculty by which you deliberately decide upon a course of action, you now have a decision problem which must be resolved even *before* you can will yourself to properly control and direct your mind, ...but what decision should you make to will yourself to control and direct your mind to discover who you are so you can live a greater self and life? ...but, even before you can exercise this decision of will about your self and life, you must develop your attention, focus, and concentration. In addition, if you do resolve all of these dilemmas, how can you possibly know the “right” way to control your mind? ...and in what direction to guide it? It seems that your duality-languaged-thinking and teaching quickly distorts a simple situation and turns it into a complex mess which cannot be understood or resolved.

Considering all of this, would you rather continue your life “as usual” attempting to *discover yourself* ...so maybe you can create and live a greater and finer self, ...or continue noticing and recording “unusual experiences and feelings” ...which genuinely portray your greater self and life imaged in your subconscious, then continue reflecting expansively upon your recordings until you are willing to **declare who you are** ...and always live that? ...but, whatever you decide, do not ask a guru ...or expect life to reveal you or confirm you, for you have created yourself, as a **particular motioning of mind**~which others, not even life, can know directly~and you are building upon that motioning ...and still expanding and modifying your creation.

Remember when we asked, “Would you rather *know who you are* ...or *be the reason you are who you are*? ...which did you choose? Since you cannot “simultaneously” know yourself and the reason or actions of self, in this process, it is vital that, as you continue, **you declare** the greatest and finest self and life that these events and feelings and reflections are revealing from your subconscious. It is not important that you believe this image or can confirm it, but it is vital that, as you continue, you begin sensing this image of yourself and continue living these sensations ...and that all additional reflections are made relative to this declaration, for this will further-enliven your self and life ...and reveal and strengthen that selfimage to yourself.

Continuing this process, if you genuinely declare your extraordinarily expansive self, then reflecting upon “unusual experiences and feelings” in the environment of your daily life will reveal the reason you are who you are, ...and isn't that what you **really** want to know ...so you can mind

yourself to be and live as you truly desire? ...for, after all, if you are genuinely living the self and life you truly desire, does it really matter who you are?

**Who you are only matters because
you are not living the self and life you truly desire!**