

### **Article 33: You Cannot Release These Articles**

You cannot release, end, or not read this sentence, but you can put this article down and turn away, or move on to the next sentence, ...but, in either case, you merely change your focus to another thing and, in that, without effort or releasing, your reading of the beginning sentence is relinquished.

**You cannot not do a thing ...or release something,  
you can only do something else.**

Even releasing your grip on, for instance, a fork, or letting go of it, you are doing something different than you were when hanging on to the fork. Has the old saying that *you cannot move on while hanging on* led you to waste countless precious hours, vital energy, and wondrous aspirations trying to release, often through elaborate rituals and ceremonies, what you do not want? If so, remember that while your attention and efforts are focused on what you do not want, that is what you have: ...what you do not want. Put your full attention and effort on what you do want ...and the rest will fall away. To have what you want, you do not have to release, overcome, or make amends for past actions or mistakes, nor do you have to forgive yourself or others, ...you only have to live the lifeseff you truly desire. Anything less than living your true desires will outpicture as disease, illness, and pain, ...and other discomforts, inconveniences, and lack.

What you have is what you have chosen, ...and if you want something different, choose that with every belief, thought, attitude, emotion, word, and action; ...stop wasting any precious moments on clearing, cleansing, or releasing. If you put your hand on a hot stove, do you waste even one micro-moment thinking, "Should I release this stove?" Of course not, you take direct action, ...and in that the hot stove is released, ...without any releasing thoughts, actions, or struggles. True releasing is consciously giving yourself over to something more desirable at each moment. When hurt or ill, do you frequently seek someone to tell your story to? Such actions continue and revive your discomforts ...and do nothing to relieve them or release them.

**Get on with your life**

A student came to his master with an empty cup ...asking that the wise man give him "just a little of his great wisdom", so the student could then share that with all whom he met in life.

"But why have you come with an empty cup?" the master asked.

"So you could fill it as it pleases you, master," the student replied. "I want to show you that I am prepared, ...that I have emptied myself of false beliefs."

"And if I fill your cup, ...to whom will you then offer a drink of my wisdom? Must they also have an empty cup?"

"Of course, master, ...for I can not help those who are filled with their own false beliefs. They must prepare themselves as I have done for years ...before approaching you, master."

"Take your cup and fill it at the cesspool over there," the master said, ...pointing to a pond of putrid water.

The student didn't want to dirty his cup, ...and he was afraid that his master would ask him to drink the foul water as a ceremony or an initiation, which didn't seem too pleasant, ...but he was willing to endure almost any test or indignity to have the master's wisdom. The student rushed to the cesspool and, searching carefully, filled his cup with the worst water he could find, hoping that would impress the master with his great trust and sincerity.

Hurrying back to his master, the student fell upon his knees and held out his cup, so the master could see the putrid water. Then, slowly without flinching, he raised the cup to his lips to drink.

"Wait!" the master said quietly ...yet forcefully. "Hold your cup out," he commanded.

And as the student held his cup forward, the master picked up a large vase next to him and began pouring the contents into the student's cup, ...which immediately overflowed, soaked his sleeve, and spilled onto the ground. After many minutes of this, the master, after pouring the last drop from the vase, commanded the student to drink.

And the student, certain he was being tested, "...maybe with a poisonous solution, ...or maybe it's a hallucinogenic," slowly drank from his cup ...and found, surprisingly, that he was drinking the sweetest, most refreshing water he had ever tasted.

"Do not limit my wisdom to one cupful," the master said quietly, for I will flood you with all I have ...until, like this cup, your polluted understandings are completely washed away, and you are filled with the

sweetest, most refreshing wisdom you have ever tasted." The master smiled at the student's surprise.

"And remember," he continued, "when offering to another, do not give a sip here, a sip there, ...flood each one to overflowing, ...as long as he extends his cup, even if that is filled with his own polluted beliefs. Wash him and his understandings clean; ...bathe them in true wisdom, ...for that alone will flood you with **your own wisdom**.

And as the student started to protest that he had no wisdom, the master interrupted to add, "...and never require that they come with an empty cup, for no one has an empty cup, ...and making such a demand ...and withholding your wisdom from them also withholds it from yourself. Years of releasing and emptying your cup has not prepared you or enriched you, ...they have exhausted you."

The master smiled ...and waited for his words to sink in and awaken the student. "And ever should you meet a teacher who will not or cannot give enough of himself to cleanse your old beliefs into a refreshing and revitalizing drink that will forever sustain and renew you, ...pass him by ...and present your full cup to another."

