

## **Article 60: A Journey of Self-Discovery – part 2**

How can you develop and maintain your enriching self-confidence, inspiration and encouraging attitudes, faith and love, fine emotions, belief in self and your dreams, and trust in your life and spirit ...also known as happiness and wellbeing? Begin by carrying your head high with your shoulders back; hold your stomach in and your chest out; stand tall ...with your back straight ...but not tense; remain flexible ...and walk with a firm step; exercise your legs in purposeful activities; and keep your arms and hands active in worthwhile endeavors. Do not exaggerate these postures and actions, ...gradually move into them ...and bring your finest dreams and attitudes along with you. And where physical, mental, or emotional disabilities seem to limit you, pushing against these self-imposed restraints and limitations builds the self-confidence that will help you resolve or overcome obstacles in circumstances and situations. Do not strain. Let these postures, actions, and attitudes express your self-confidence and inner-vision and inspiration, ...but never try to force or control others.

You speak volumes to yourself and others through the language of your body, ...what are you creating for your body to say ...and reveal about you? Are you inspiring and encouraging yourself and others? Are you enlivening the world within you ...and around you? ...and speaking confidently of your dreams and desires? Stop accusing and criticizing, ...for your body and life want to speak encouragingly and fulfillingly to you ...and to others. And above all, ...**end your judgments!**

Live passionately ...and as fully as you truly desire, for you do not have to justify yourself to anyone, ...but know that what is detrimental to others will also harm you ...or withhold your desires, so choose wisely and proceed. You can always modify your dreams and goals ...and your beliefs and actions along the way, ...for the surest sign of self-confident individuals is their ability to change –to expand their self and life. Living and expressing your true desires is wellbeing, ...living what you do **not** want is illness, ...have you chosen wisely and lived fully?

Joyous wellbeing is passionately, meaningfully, and purposefully lived ...or it is not lived at all; ...but setting meaning and purpose is not like setting goals to attain, achieve, or fulfill, ...joyous wellbeing is the meaningful and purposeful way in which you live every aspect of your self and life. Do not hesitate ...or wait for some profound meaning and purpose to come and awaken you ...or to be given to you. And certainly do not accept tradition or the ways of others merely because it is, or seems to be, expected of you. A passionately enriching self and life ...and the

happiness and wellbeing you desire are yours by choice ...and they await your choosing, ...but you seem to prefer struggle and illness.

And if you feel you must discover and fulfill the purpose for which you were created, remember, the universe, call that God ...or whatever you will, has never refused you ...or prevented you from believing, thinking, feeling, saying, or acting as you truly desire, ...it has always, completely and unconditionally supported your choice, so choose the self and life of your dreams and live them.

Have you ever wondered why it might be that the universe has never revealed *its* meaning and purpose to you ...or to anyone else? It is because the universe fully supports the meaning and purpose *you* choose with every belief, thought, attitude, emotion, word, and action, ...so if your life seems devoid of real meaning and purpose, set them as you truly desire, for in that, you give meaning and purpose to yourself ...and to the universe.

## The universe awaits you!

Fully live the meaning and purpose you desire, ...and let your body and life --your happiness and wellbeing--speak boldly and proudly of your choices.

For many, many centuries, individuals have viewed the world superficially and concluded that the universe is either an accident without genuine meaningful purpose ...or it was created to fulfill a specific purpose unrevealed to man. These same individuals also proclaim that, in either case, your diseases, pains, burdens, and grief "prove" that the universe displays fiendish indifference to you, ...while you must struggle desperately to live morally in the face of such burdens and problems imposed upon you by the universe ...and overcome them.

Could it be that in searching for the purpose and explanation of the universe, we have become too blind from our endless, self-imposed beliefs and struggles ...and too dulled by our own feelings and judgments to see that the universe merely reveals us to ourselves?

Do not expect to see and understand beyond yourself, for you never know individuals or things in the universe as they are, you only know them as you are, ...and the universe clearly and constantly reveals you to you; ...do you like what is being revealed to you? ...or have you closed your eyes and ears and mind to everything within you and all around you? And if you do not like the self and life you have chosen to live, change (expand)

yourself, ...and the universe, for you, will change (expand) with you. This alone reveals that the purpose of the universe is to serve you, for if that were not so, ever should you change, ...say, from a self and life of anger and violence to ones of love, everything would remain the same; ...but we know that, in this example, as you change to love, angry people and violent events, though they remain the same, are, for you, completely changed from anger and violence to love. This is much more than seeing them differently, for with your changes, everything in the universe changes to accommodate you; ...and if things do not change, then neither have you.

People generally separate themselves into those who realize their divine freedom in and great responsibility for creating and maintaining their illnesses and burdens by living them, ...and those who expect painless procedures and medications to relieve them of inconvenient, unpleasant, painful, or dangerous symptoms, so they can return as quickly as possible to a desired lifestyle, ...usually to the same beliefs, life, and ways which outpictured the original symptoms. If you expect "medical marvels" to relieve your symptoms so you can return to your self and life "as usual", ...well, you know what that is like, ...don't you? Is that what you want to continue?