

Article 77: Unwelcome Guests! part 2

Many healers declare that to heal yourself, you must see life as it truly is, balance and harmonize your spirit and vitality to life around you, and recognize that you cannot control events and conditions. If true, then this alone is enough for you to recognize that life and lack of wellbeing cannot, in any way, be testing and judging you. And if you have control, then life cannot judge you.

During wartime, both sides of a conflict call upon God for protection, deliverance, and victory. In this situation, only a nonjudgmental, unconditionally loving God can serve "both sides equally" ...by letting both sides serve themselves as "they" desire. An intentional God would have to support the side that most clearly and faithfully reflects and fully serves his righteous motives and purposes ...and forsake or abandon the other side. In the same way, as illnesses and hurts and diseases reveal an inner-conflict, do you really believe that God has chosen sides against you to create your lack of wellbeing and has abandoned you? ...but will now choose you and destroy your affliction? Obviously, God supports and serves both sides equally ...by letting you support and serve yourself as you truly desire? If you are ill, hurt, or diseased, consider what harmful, hurtful, diseased beliefs, thoughts, attitudes, emotions, words, and actions you have chosen and lived to support and serve you ...which now outpicture as lack of wellbeing.

Have you chosen and lived freely and fully? ...or have you lived by tradition and dogma? If you frequently judge your wellbeing by the illness and disease it opposes or holds off, ...is it wise to continue in this way? Are you willing to focus your attention and efforts on living as you really desire at every moment ...instead of trying to hold off what you do not want while hoping to create the future you believe you desire? And if you actually believe you cannot control your life, ...why ever are you attempting to create the future you desire? It seems that this might be just one of the desperate conflicts you are creating and struggling against; ...no wellbeing will be found or lived in this!

Each choice along your way to unwellness was a small choice, or one gone awry, simply because small choices are often the most difficult to make with conviction ...and remain faithful to. Each choice seemed so insignificant, ...didn't it? And, in many ways, because of this, you have filled your body and life with petty beliefs, thoughts, attitudes, emotions, and activities, ...and undoubtedly filled your self and life with doubt, meaninglessness, and a sense of being victimized by life, events, circumstances, and individuals. In this world of presumed separation, duality, cause and effect, and judgments, your beliefs, thoughts, attitudes, emotions, and behaviors are fragmented and generally ineffective, ...if only because you insist upon particular outcomes ...regardless of your choices and actions.

All healing techniques seem to be organized to overcome pain and infirmities ...and create a long and abundant physical and spiritual life, to provide adequate physical necessities, to consolidate power and control, to free vital energy, to restore balance and harmony, offer safety from overpowering forces of nature, appease malevolent spirits or actions, and to counteract selfish beliefs, thoughts, attitudes, emotions, and behaviors. With such adversaries to struggle against, outwit, and overcome, all healings, if successful, will only prolong your life of constant struggle and suffering, ...could it be that you have chosen one form of unwellness to avoid another? ...or to end or lessen your constant struggles? It seems that your beliefs and attitudes about healing are working against you. In what other ways do you tend to minimize your own abilities to confidently live the self and life you truly desire? ...and work against your true desires?

Could it be that you have developed and are living with an exaggerated sense of self or of unworthiness? ...an unrealistic sense of wellbeing and importance? Do you have a secret impulse to beat someone ...or triumph over others? ...or to win out over events and circumstances? Since all such beliefs, thoughts, attitudes, and feelings create the emotions, circumstances, events, individuals, and lack of wellbeing you are struggling against, ...does it seem wise to continue in these ways? And being caught up in such self-imposed confines keeps you from moving ahead in your own self and life as you desire; ...could that, in fact, be the basis of your unhappiness and lack of the wellbeing you desire?

It seems obvious that you cannot live fully and enrichingly without a genuine sense of self which makes you the first and final authority in your life at every moment ...but the world of duality, separation, causes, and judgments in which you live offers no clear and reliable foundation upon which to build and live the self and life you actually desire, ...does it? Are you living as though you truly believe your beliefs ...and believe in yourself? ...or do you merely believe you believe your beliefs ...and believe in yourself? As you always live, and can only live, the oneness of life, you always live the oneness of your self and wellbeing or illnesses, ...but you destroy your understanding of the goodness, benevolence, and oneness of yourself and all things by living your judgments and conflicts ...which make you believe that illnesses, hurts, and diseases are conflicting with you, judging you, and acting against your desires.

You feel it is inappropriate to dispose of others' judgments and criticisms by personally attacking them, yet, feeling that illnesses, hurts, and diseases are judging and criticizing you, you feel quite pleased to attack them, ...isn't this a double standard? If you feel that others and sicknesses are judging you, ...who is really judging? Could this be the basis of your unhappiness and lack of wellbeing you desire?