

## **Article 104: Illness-Patterning in Action**

It is said that if you put a frog into hot water, he will instantly jump out, but, if you put him in cool water and slowly raise the temperature, he will remain there until he dies, ...does this sound like your life and lack of happiness and wellbeing? In what ways are you raising the temperature on your self and life? You maintain your judgments and struggle against seeing that all things are, in fact, good and benevolent, without any opposing bad or evil ...or unwellness, ...and living that keeps you in the endless conflict between good and evil or in the constantly increasing heat of uncertainty. You have been turning up the heat in your own life!

Do you judge your health and wellbeing more by the unhealthy habits and ways you oppose than by the desirable things you support and live? Are you so uncertain about what is right and desirable that you strongly oppose what you believe is wrong and what you do not desire, ...believing that, by opposing wrong you must be right? Is this the patterning of your life and wellbeing? Does it seem wise to continue in these ways?

Wellbeing has nothing to do with “unburdening yourself” ...or avoiding certain actions or situations, ...wellbeing has more to do with living fully and desirably without burdening yourself in any situation. Wellbeing requires that you face your misbeliefs and live the reality of yourself, for that alone is the awakened state of healthy living; ...everything else is a meaningless game, so be careful of what you enliven and manifest as wellbeing from life’s infinite-patterning. Wellbeing is the ability to see the interconnectedness of all things ...and live and experience the self and life you truly desire. If you expect wellbeing to relieve your difficulties, sicknesses, misunderstandings, and lack of energy, how do you expect to reach a state of wellbeing while burdened with difficulties, hurts and illnesses, improper actions, misbeliefs, and loss of vitality? On top of these self-created problems ...will you now add the burden of a search for wellbeing? Can you not understand that living the self and life you truly desire will ease or relieve these problems? ...and offer you the wellbeing you desire? If you are seeking wellbeing to reunite with God or your higher self, ...why don’t you stop separating yourself?

Do you really believe that deep meditation and intense concentration combined with trials and hardships will relieve your suffering and lead to wellbeing? Do you feel that to have wellbeing you must be worshipful and seek forgiveness? Will self-negation really bring wellbeing? Does it seem that your lack of wellbeing portrays your feelings of abandonment, resentment, aloneness, and being unloved? Life is not a mystery, it is completely revealing, and it reveals that life will support any belief, meaning, and purpose you are willing to live, regardless of whether that is desirable or undesirable. Are you beginning to sense the wellbeing-patterning you are enlivening and manifesting? ...and offering to yourself? If particular hurts and illnesses seem to continue or reoccur in your mindful body, you have an inner-vision of the self and life you truly desire and the

lifeself you are actually enlivening and manifesting ...and struggling against.

Life's infinite-patterns outpicture a great deal about the unwellness/wellbeing you are living and, unfortunately, struggling against. To express this, we will review our paragraphs about **anger** from Article 99. See if you can discover the underlying infinite-patterning being revealed, so we can apply that to your illnesses and symptoms ...and see if even broader or more-expansive awareness are revealed.

You are probably not willing to give up your **anger** simply because you believe that **anger** is a normal and natural part of life ...especially if you are frustrated, if you feel you are being treated improperly or unfairly, if you haven't gotten what you desire or feel you deserve, or if you sense or believe you are in danger. Under these situations, **anger** seems fully justified, ...doesn't it? Like most people, you probably feel that whether expressing love, joy, or **anger**, this is appropriate ...because you are expressing exactly how you feel; ...that this is your true being, ...that it is your truly being loving, joyful, or **angry**, which enables you to assess and understand circumstances and situations ...and yourself.

When expressing **anger**, are you truly **angry**? ...or are you choosing **anger**? If **anger** is not your choice, then you are living as a victim to "emotion-causing" situations, ...and if **anger** is your choice, then **anger** cannot help you assess or understand others or events. And when expressing your **anger**, that only spreads **anger** to everyone around you ...but doesn't really make your **anger** "go away".

When completely involved in the flow of expressing your **anger**, for that brief moment, you are relieved of your **anger**, ...therefore, your constantly expressing **anger** is not because you properly understand events or situations around you ...or that, by doing so, you feel fully empowered, it is because you want a brief moment of peace from your own **anger** ...which you are not willing to give to yourself directly. And, of course, as soon as you stop expressing your **anger**, you are just about as **angry** as before, though you might feel somewhat depleted. As you continue this **anger** process, you will find it necessary to express even more **anger** more frequently ...just to rid yourself of feeling **angry**, ...and this imprisons you in the vicious and useless cycle of **anger**.

Any expression of **anger** is your attempt to rid yourself of the choices and feelings you've been living in life **without changing**. Are you willing to end your **anger** by living the self and life you truly desire?

Did you discover the infinite-patterning in these paragraphs about anger? To reveal this infinite-patterning ...and to enhance and broaden your understandings about your illness-patterning and lack of wellbeing, insert hurt, wound, scar, irritation, pain, tiredness, upset, ache, rash, abuse, anguish, suffering, misery, or other undesirable symptom in the blank spaces below and see what you are able to enliven, manifest, and

understand from the underlying illness-patterning. You might also insert headache, stiffness, cancer, shame, sore throat, upset stomach, constipation, diarrhea, or tooth ache. Try sinus problem, back ache, pinched nerve, stress, or weakness. Inserting the particular symptom(s) of a disease or illness will help you see and understand the self and life of illness-patterns you are living and struggling against.

You are probably not willing to give up your \_\_\_\_\_ simply because you believe that \_\_\_\_\_ is a normal and natural part of life ...especially if you are frustrated, if you feel you are being treated improperly or unfairly, if you haven't gotten what you desire or feel you deserve, or if you sense or believe you are in danger. Under these situations, \_\_\_\_\_ seems fully justified, ...doesn't it? Like most people, you probably feel that whether expressing love, joy, or \_\_\_\_\_, this is appropriate ...because you are expressing exactly how you feel; ...that this is your true being, ...that it is your truly being loving, joyful, or \_\_\_\_\_, which enables you to assess and understand circumstances and situations ...and yourself.

When expressing \_\_\_\_\_, are you truly \_\_\_\_\_? ...or are you choosing \_\_\_\_\_? If \_\_\_\_\_ is not your choice, then you are living as a victim to "emotion-causing" situations, ...and if \_\_\_\_\_ is your choice, then \_\_\_\_\_ cannot help you assess or understand others or events. And when expressing your \_\_\_\_\_, that only spreads \_\_\_\_\_ to everyone around you ...but doesn't really make your \_\_\_\_\_ "go away".

When completely involved in the flow of expressing your \_\_\_\_\_, for that brief moment, you are relieved of your \_\_\_\_\_, ...therefore, your constantly expressing your \_\_\_\_\_ is not because you correctly understand events or situations around you ...or that, by doing so, you feel fully empowered, it is because you want a brief moment of peace from your own \_\_\_\_\_ ...which you are not willing to give to yourself directly. And, of course, as soon as you stop expressing your \_\_\_\_\_, you are just about as \_\_\_\_\_ as before, though you might feel somewhat depleted. As you continue this \_\_\_\_\_ process, you will find it necessary to express more \_\_\_\_\_ more frequently ...just to rid yourself of feeling \_\_\_\_\_, ...and this imprisons you in the vicious and useless cycle of \_\_\_\_\_.

Any expression of \_\_\_\_\_ is your attempt to rid yourself of the choices and feelings you've been living in life **without changing**. Are you willing to end your \_\_\_\_\_ by living the self and life you truly desire?

Isn't it extraordinary how the universe, through infinite-patterning, is all-revealing and infinitely supportive of whatever illness, suffering, or unhappiness to which you seem bound, or to which you appear unable or unwilling to move beyond? Are you willing to surrender your traditional

teachings, precious beliefs, and self-created experiences so you can enliven and manifest the self and life you truly desire?

***Or will you continue your self and life  
...and illness "as usual"?***

Normally, you do **not** keep your self and life and wellbeing strong and desirable, nor do you seem to realize that fulfilling happiness and wellbeing is your finest protection from and response to an environment and many relationships which you perceive as hostile. Always be intimately open and honest with yourself and others, for any barriers built for protection and to shut things or individuals out, also enclose and confine you; ...and as you hide from others, you hide from yourself and all other things, even from the things you hold most precious and dear, ...and you also hide from your greatest and finest opportunities to fully realize your enriching dreams and purposeful life.

Instead of directing your self and life along a path of judgments, denials, and accusations ...and attempting to protect yourself from injury, illness, disease, and the actions of others and the environment, look forward to meaningful happiness and wellbeing by living the self and life you truly desire, ...or is this vision too difficult to look upon and contemplate? Regardless of what you may believe, a wondrous lifeseif of enriching happiness and wellbeing is offered to everyone through infinite-patterning, but where it is denied, neglected, or abandoned, it will certainly be lost, ...but your opportunities remain to the last moment of your life ...waiting to be chosen, enlivened, and manifested.

**Or do you believe that you are not exactly what you have chosen and lived? ...that you only manifest physically/mentally/emotionally what your body and the environment let you be? ...and spiritually what is divinely chosen for you?**

Disease, injury, and mental illness can create great physical and mental anguish and devastation, and yet, these same problems may lessen, or go into remission, during which you are neither completely well nor sick; therefore, being ill or hurt does not mean you are unhealthy, ...for example, many people with HIV or Cancer or diabetes, ...or with chronic diseases that develop slowly before overt symptoms or detrimental effects occur, frequently live in good health for many years before deteriorating. Therefore, as health and disease can concurrently occupy the same spiritually mindful body, they cannot be opposite aspects, but must be merely varying degrees of wellbeing, ...which is the state of health and wellness you have chosen and are living.

**As you are frequently accustomed to judging goodness as the bad or evil it opposes, ...do you judge your wellbeing by the sickness or unwellness you oppose? Is it wise to continue in this?**

Stop visualizing yourself as a patient or sick person, for the more you identify with that role, the more you will manifest illness ...and the more difficult it is to change and live your desired happiness and wellbeing. If you believe in any way, that suffering and illnesses are a matter of fate, karma, or divine judgment, that they are imposed upon you for a special purpose, that they are an inevitable result of physical life, that they are necessary burdens and trials and lessons, or that they offer you a wondrous kind of grace, then your manifested discomforts, injuries, diseases, and illnesses will continue unabated; one after the other, for you to endure, ...but this is not a wise way to live ...or to use to seemingly resolve or avoid the basic issues and self-imposed and manifested conflicts in your life.

Do your beliefs provide you with explanations and understanding when you are confused? ...with strength and support when facing adversities? ...with truth and guidance when you are in a moral dilemma or conflict? ...with expansive awareness when you feel limited and restricted? ...with comfort when you are disturbed? ...with enriching fulfillment when you feel empty? ...with wise companionship when you feel alone or abandoned? ...with happiness when you feel discouraged and depressed? ...or, with encouragement and trust when you feel ill? If your beliefs genuinely supported you and the life you truly desire, you would not have confusion, adversities, dilemmas and conflicts, limitations and restrictions, disturbed feelings, a sense of emptiness and being abandoned, ...nor would you be discouraged or depressed, ...and you certainly would not have serious injuries, diseases, and illness. Isn't it time to reconsider your beliefs? ...and what you are enlivening and manifesting from the universe's infinite-patterning? Is the strength and wellbeing of your lifetone as you truly desire?

Have you maintained your beliefs and ideals ...and successfully lived them to enriching fulfillment and wellbeing, ...even in the face of a seeming hostile world? If not, your beliefs and ideas, no matter what you believe, are **not** supporting and nourishing you ...and may be the reason why you are constantly enlivening, manifesting, and living your anxieties, hurts, discomforts, burdens, conflicts, and illnesses. It is time to understand how your injuries and sicknesses have risen out of your desperate struggles with your false, ineffective, and unsupportive beliefs and ideals.

Do you see yourself as an awakened individual with a basic belief in good and evil ...and a knowledge and understanding of these things? If so, do you realize that you are living in a universe that has no such knowledge and understanding ...or infinite-patterning? ...and makes no presentment or offering to you of these things? Could it be that your problems,

difficulties, and illnesses arise from these false “knowings”? Your answers to these questions are momentous ...and will have, as they have had with others, a profound affect on your embodied self and life ...and joyous and fulfilling wellbeing. While a belief may be separated from you, you cannot be separated from your beliefs.

Do you feel that your life is, generally, too brief and powerless? ...filled with useless burdens? Could it be that you are still struggling with and against the beliefs and theology you were taught as a youth?

**Are you beginning to understand what you are enlivening and manifesting of the infinite-patterning universe and struggling against, ...which then outpictures as unwellness? Are you willing to make the universe pay dearly for every moment of life it takes from you by living the very finest life ever for the universe to fulfill?**