

Article 124: Your Second Self-created Life-trap.

Are you, like Dorothy in the Wizard of Oz, attempting to “cause” the happiness you desire at the end of the rainbow? Most religious and secular teachings promise that if you will surrender your physical self and life~in one form or another~and be faithful, follow their sacred beliefs and commandments, and suffer your lessons and burdens in trust and silence, you will be joyfully and enrichingly rewarded in your next life, ...which is usually a spiritual life separate from your present physical self and life. But you are not suffering in silence, for your mind/emotions, body, relationships, and life all scream with sadness, disappointment, unhappiness, emotional pain, and physical afflictions. Of course, you are not really in distress, ...are you?

Last week, a man wanted to know why he had so much resistance declaring himself and living a “big purpose” in life ...or in a way that would truly make him happy. He wanted to know if he had some secret problem hidden away in his past. Our response was, “the problem is not your resistance, the problem is that you are trying to do something to cause your happiness!”

Are you, in the same way, trying to “cause” your happiness? Are you treating happiness as a goal you can achieve or attain to? Well, attempting to “cause” happiness~or anything for that matter~leads to several problems: while struggling to cause *happiness*, you are unhappily living your *unhappiness* ...which is obvious in your life ...and with most people; then, since happiness is now *a future goal*, what happens after reaching that goal is that, following a triumphant moment~like earning a college degree, getting married, or finding the “perfect” job~you must set another happiness-goal out in the future and struggle on, unhappily so, to your new goal; and since happiness is your desired goal, you will judge everything that seems to lead toward that goal as “good” ...and everything that seems to lead away as “bad”, ...which traps you in endless good/bad judgments. All goals follow this same pattern. Then, since happiness is a goal “out there”, obviously, you don’t have happiness within you to live or give away, ...you have to get happiness first, ...but since you don’t believe you have happiness, you cannot give happiness, so you cannot receive happiness, ...all of which denies and conceals happiness within you. Besides, since all things in life are “emergent” ...and nothing is ever caused, you cannot do something to cause your happiness within you ...cause it to occur or from the outside.

Most “life-traps” occur because of your misbelief in causing ...and setting such goals, ...but life is more-accurately described as an eternal ongoing process ...not as a goal, if only because such a goal would destroy your free will and justify your false beliefs and judgments, ...but, of course, you can continue living in these ways “as usual” ...if that’s what you truly desire.

Ohh, certainly, you can be happy traveling or skiing or surfing, but that excitement and happiness, like a vampire moment (see future Articles 125-126), will be very temporary and deceptive ...because it is based upon relief from work, relationships, boredom, and everyday problems, or concealment of your feelings about these things, and not upon happiness, ...so both excitement and relief quickly fades ...and sucks the life out of your life as it passes away.

You cannot cause happiness! ...but you don't believe that, so you judge endlessly and struggle against all of your real knowings in a futile attempt to "cause" happiness. Then when that doesn't work, you believe you can be happy by "giving up your desires and struggles", ...but you will never find happiness in what you surrender or do not do. If "choosing what you want ...and having that" is a reasonable description of happiness, then there is no happiness in giving up or straining against what you do not want ...or against "not things". But, still believing you can cause happiness by putting more passion, faith, or intensity into your doing or not doing, you more passionately, faithfully, and intensely get more of the unhappiness and lack you are living ...and seemingly struggle against. If we have, in any way, opened your eyes and mind to these things, let's return to our description of happiness being one of "choosing what you want ...and having that".

"Causing" in any form completely destroys your free will, for if your desires and choices must be caused, you can never be absolutely certain of having what you choose, ...for, as Aristotle declared twenty-three hundred years ago, "that which causes can certainly withhold its causing". And that is true! But the universe, in never denying you a belief, thought, attitude, emotion, word, or action, has never withheld or limited your choices; ...and if you want happiness, all you have to do is live that with every belief, thought, attitude, emotion, word, and action. If you channel these divine aspects of yourself into causing what you believe you do not have, you will deny these greater and finer aspects within you ...and deny yourself in the process. Does this sound somewhat like your self and life today?

If you continue judging and trying to cause, you will continue your self and life "as usual" ...without the free will to have and enjoy the self and life you truly desire. Is your life "as usual" so enjoyable, enriching, fulfilling, and satisfying that you are willing to forsake what you desire for what you have? You cannot move on while hanging on ...especially if you are hanging on to "causing".