

Article 148: A Few Questions About Religion – Part 3

Once you grasp the idea that, contrary to most religious teachings, you are not being burdened, tested, or punished through pain, difficulties, and disease, and that these wellbeing problems are *not bad luck or chance happenings*, you are better-able to understand and deal with all such conditions as outpicturings of the self and life you are actually living, which is probably quite different than the lifeself you thought or supposed you were living, ...and the only reasonable “healing” involves a major readjustment of the self and life you are creating and living with every belief, thought, attitude, emotion, word, and action.

Your religion is not caused, it is lived; ...in the same way, your pains, problems, and sicknesses ...and your health and wellbeing are not “caused”, nor are they the result of sinful or faithful beliefs, attitudes, or actions, ...they are lived into your body ...and the body of your life. Are you willing to change your beliefs and the religion of your life to gain a “healing” and the lifeself you truly desire? If not, though you obtain some temporary relief from your pains, problems, and illnesses, you will religiously relive your afflictions back into your body and life, ...is that what you want to continue? Is your present religion~the self and life you are living and struggling against~and your traditional beliefs, worth the price of pain and illness you live into your body? ...and the problems and difficulties you judge into your life? Be careful in answering this question, for what you willingly accept today may be with you for a very long time.

Do you want an open, honest, intimate lifeself of wellbeing ...or your traditional beliefs and conflicts? Don't be too certain of this answer either, for most people, after making many promises and religious commitments in order to obtain a little “symptom relief” in their body and life, quickly revert to life “as usual” ...and their traditional beliefs, thoughts, attitudes, emotions, words, and actions, ...which re-enlivens old pains, problems, and illnesses or creates new ones for them to blindly and unthinkingly struggle against, ...does that seem like a wise and desirable pathway for you to follow? Are you blindly and unthinkingly following a religion ...and its traditional beliefs and ceremonies? Are those beliefs, ceremonies, and ways worth the price of your present problems and afflictions? Are you struggling to live righteously as defined by your religion? ...and traditional beliefs? ...by spiritual beliefs? Be open, honest, and intimate in considering and answering these questions, for as you religiously carry your own misbeliefs ...and those of others ...and live them into your body and life with every belief, thought, attitude, emotion, word, and action, you will, in this, struggle endlessly against your own fulfilling wellbeing and desirably enriching self and life.

Pains, problems, and illnesses, like all individuals and events in your life, are not as you believe them to be! ...and neither are your religious

beliefs. But once you grasp the concept that they merely outpicture the self and life you are actually living, you can consciously guide yourself to the life and fulfilling wellbeing you truly desire, ...or would you rather live, religiously so, your sacred beliefs, thoughts, attitudes, emotions, words, and actions ...and life “as usual”? Well, you certainly know what that has been, ...don't you? Did your religious beliefs truly guide and comfort you? If so, it seems they led you toward, not away from, problems and afflictions, ...what happened?

Many people, after, for example, recovering from a severe illness, surviving an automobile wreck, escaping bankruptcy, or getting divorced from a violent partner thank God, Allah, Shiva, Angles, Jesus, or other religious figures for their being saved ...without giving a thought to the questions, “Where were these saviors before the event happened? Why weren't they saved from the problems?” Does it seem that your religion gets all the credit ...while you get the blame? Does your religion only work “after the fact?”

Pains and illnesses are not caused by your lack of adjustment to, harmony with, or faithful belief in the world around you ...as it is, ...your pains and illnesses and other afflictions outpicture the religious struggle within you.

There are as many different views of medicine and healing as there are of religion, each with its own distinct beliefs and theories and methods, each with its ardent believers and supporters, but the one thing they all seem to have in common is that evil, like pain and illness, happens with you ...and, if you are not properly prepared, must be constantly warded off or struggled against, ...do you feel that malevolent forces are at work within you? ...and all around you?...acting against what you truly desire? Will your religion protect you? ...and all around you? Is life a trial or learning experience? ...a test of faith? What are you desirably gaining from your afflictions? What are you learning? Who is testing and teaching you? Are you certain that such religious beliefs are appropriate? ...and desirable?

Enriching wellbeing begins by breaking up traditional and, for you, inappropriate beliefs, thoughts, attitudes, emotions, words, and actions, which dissipate or act against the self and life you truly desire; ...fortunately, your mind and behaviors can be expanded into new, life-enhancing beliefs and ways. If your mind and feelings and behaviors do not fully support you or offer the lifese of your dreams ...and you turn to religion or spirituality, be careful, for that may enable you to act even more strongly against the self and life you truly desire. You can be a powerful opponent in your own body and life, because, unfortunately, you tend to religiously follow your old beliefs and ways, ...are you now willing to change these old habits and misbeliefs?

Remarkable transformations have been made in religion; ...for example, Saul, who spoke openly against Christianity, was transformed into Paul ...and became the very foundation of the Christian religion, ...are you willing to make an equal transformation from pains, problems, and illnesses in a life self you do not desire to open, honest, intimate wellbeing in a body and life you truly desire? No religious or spiritual ceremony is necessary. Are you willing to remake your self and life today? ...or are you interested in and involved with continuing your traditional religious or spiritual beliefs and ceremonies ...and your self and life "as usual"?

***Spiritual is not different or unusual,
...all things are spiritual!
And your religion is...
The self and life you are living!***