

## Article 232: Changing Your Livingself -part 3

**9. Do you understand the significance of the statement that you can change everything in your life one thing at a time ...or you can change yourself and everything changes? Yes No**

Everything in your life, as an image of your livingself, fully and clearly outpictures you, ...and~whether or not you actually created the universe in which you live or created the appearance of your universe, and whether or not your “youniverse” is real or an illusion~since this is your youniverse, it is to you as you are and as you perceive it to be, and even should you change your self and ways of perceiving, your entire perceived youniverse will change with you...but remain the same for other people as they desire. Though your changing changes others for you, you do not have the right or ability to change others...or get them to change to suit you, for even if they changed to suit you, since you haven’t changed to suit yourself, though you probably don’t believe it, their changes, no matter what they may be, will *never suit you!*

But you don’t really believe that by changing yourself everything “out there” will change, ...do you? Or, on the other hand, maybe you do believe this so strongly that you are fearful that changing yourself will change something or a relationship “out there” that you like ...and don’t want changed, so you’ve decided to be “a specialist” and change only what you feel is wrong, ...and individual aspects of yourself are not wrong either, they are “perfect”...aren’t they? ...but not perfect for you, ...or maybe they are ...and that’s karma or the lesson you are supposed to learn before moving on! Ohh, what will you do? ...for it seems that *in order to change what you do not accept, you must accept it, ...but if you then change what you accept, you will obviously make it unacceptable.* Are you beginning to understand the unresolvable dilemmas created by your dichotomy language? And remember, if you make these changes to create an extraordinary livingself of enriching happiness, after making these changes, you will find them, and the changes they bring about in your life and youniverse, to be so normal and natural that everything will be ordinary again such that after all this changing ...nothing will really feel changed or much different. Does it seem that these dichotomy language-structured beliefs are going around in useless circles? Even if you dispute the pattern we’ve followed, or some aspects of the beliefs we’ve presented, by maintaining your dichotomy language for thinking and believing, you will travel in this circular way ...or follow an even more-

complex and entangling pathway which includes your misperceptions, false beliefs, and personal denials.

After pondering these enmeshing difficulties ...and the problems with continuing your dichotomy language for believing and thinking, ...are you willing to concede that the pattern and structure of this language is *simultaneously wrong and completely acceptable*? ...that it conceals and separates you from the extraordinary livingself you truly desire ...and everything around you? ...that it falsely creates “bad and evil” in your self and youniverse? ...that you are more-discomforted by your dichotomy language than by any other thing in your body or life? ...that it creates all the “wrong” you feel or perceive? ...that these problems are making your life almost intolerable ...or at least anxious, which “forces” you to continue struggling ...or contemplate and change your present livingself and perceptions, knowings, and feelings? Are you willing to acknowledge that despite these errors and difficulties ...and many, many others, the dichotomy language is right and appropriate...and completely acceptable for other’s, but you do not choose to continue in these ways? If so, we will continue with the last question for your consideration.

**10. If you could change (A) yourself or (B) have others and matters in your life change ...which would you choose? A B**

Though you probably believe you should only try to change yourself ...not others and things in the world around you, you won’t consider such actions until individuals or matters within or around you are undesirable and unacceptable ...and you want *those things* to change. And since everything in your self and youniverse is created, nourished, experienced, maintained, and expanded through mind~or consciousness~and the use of mind, it seems advisable to reconsider the structure and pattern of your believing and thinking ...not *what* you believe or whether that is right and true; ...are you willing to do this? Are you willing to set all of your beliefs and “truths” aside? ...even the ones you believe have properly and correctly served you for years? ...*for if not, you cannot begin to enliven yourself to the wonder and extraordinariness of what you probably consider is an ordinary self and life.*

Your brain is a biologically-animated self-maintaining and expanding control system which attempts to control all physical-body functions as you desire. The problem with this is that your mind~you are your mind~and thinking are reacting to the spiritual biology of your youniverse as your mind has observed/created that to be, ...in other words, your brain

maintains your world~spiritual•mental•physical~as you believe that should be. Your brain actually confirms your mind, ...the question is, “Are you actually minding matters as you truly desire? If not, be careful, for your brain will certainly confirm your minding ...which you then may consider to be true, but if that is not as you desire, your truth can be your greatest obstacle and struggle. Look through what you “think” is true ...or “believe” you know to be true, for what you truly want to mind into your livingself. And with that in mind, consider this last statement...

You cannot change anything!

...you can only begin anew.