

## Article 269: A True Journey –part 1

Buddhism claims that *life is a journey not a destination*, yet the action of Buddhism is “to transcend the pain and suffering and entrapping desires of life ...and lead all people to enlightenment”, or to provide “a pathway to enlightenment” ...which sounds very “destination oriented”, while Forever Living asks you to claim your enlightened declaredself~your Buddhahood~right now and live that as you truly desire along this journey of life ...which only then transcends the Buddhist or religious goals of overcoming pain and suffering ...and becoming enlightened or one with God by making them moot issues. Raising the goal or destination to enlightenment or to a Godself doesn’t change anything, for a goal, whether greater or lesser is still a goal ...and none of these teachings actually speak of your journey without considering a *personal destination* ...which they then deny. To live life courageously and lovingly ...or faithfully, to face and overcome your deepest fears and doubts, to endure or learn from or resolve life’s problems and difficulties, to show compassion, to accept and forgive, and to support and assist others on their journey seem to be kind and gentle words and wise concepts, yet they are self-defeating goals, destinations, and limitations ...which actually expand your judgments and problems.

Forever Living, on the other hand, reveals that you are already the goal and the object of your search and attainment ...and encourages and supports your living that as you truly desire all along this journey.

The words and promises of Forever Living  
are not false, ...they are reliable.

Many teachings declare that you have the potential to live lovingly, courageously, and meaningfully ...and enjoy a life of enriching wellbeing. This sounds desirable ...doesn’t it? ...and all you have to do is *transform your character*. Since this seems to have some appeal ...or great appeal to some people, let’s look closely and carefully at the “possibilities” these teachings are offering you.

For example, perhaps you feel unappreciated in your marriage ...or at work, maybe your partner and boss seem sullen and uncommunicative ...such that you don’t know where you stand in their eyes ...and it appears that they are acting against you ...or against what you desire in your relationship and at work, or at other times they ignore you, ...in either case, you’re feeling unappreciated and resentful, ...and though you are good at hiding your feelings, at times they just flood out in a burst of anger or

resentment, ...and those people accuse you of living a bad attitude and not being committed to your relationship or your job, both of which you declare you truly enjoy ...but they just doubt you ...or don't care! Of course you complain to your partner about your boss and co-workers, ...and at work complain about your partner.

To one degree or another, that's a fairly common work or relationship situation, ...so then it is suggested that you develop a new attitude based on true core-values of love and confidence ...and self-respect, which will enable you to set your own concerns aside and empathize with your partner and your boss ...and understand this problem ...such that you can act and respond differently ...and your partner and boss can see you in a new light ...and act differently as well, which will then support your new attitudes and ways so you'll be able to expand the "new you" into every area of your self and life ...and live your new-found wellbeing and happiness.

Wasn't that nice?! ...and almost impossible to create and live, but it sounds so wise and self-enriching, doesn't it? Well, let's take another, closer look.

In order to overcome feelings of being unappreciated ..and not communicated with, you are advised to get in touch with and live core-values of love and confidence, change your attitudes, respect yourself, and empathize with your partner and boss so they will change their ways and respond differently toward you ...and support your new attitudes and ways. Isn't there a self-defeating error in all of this? Wasn't the original problem that you felt unappreciated and unsupported? ...and you are now asked to change your ways and appreciate others so they will appreciate and support you. Even if you get in touch with a core-value of confidence and self-respect ...are you being confident and self-respectful to expect others to change and support you? Doesn't such an attitude or desire block or destroy true confidence? ...and show disrespect?

Before trying to change your attitudes and ways, or change what others ...or even you consider to be "character flaws", consider that feeling unappreciated is **your** problem ...and does not come from or end with others' responses to you. Don't kid yourself, if you really feel unappreciated, no amount of "outside" appreciation will ever change that! Ohh, others' appreciation may smooth matters over for a while, but this will certainly not last, ...and a "game" of self-appreciation supported by affirmations of confidence and "positive" actions will not work either, for if you really feel unsupported, even your "confident" self-appreciation will be

unappreciated. Let's get real! **If you have to change to be appreciated, then the appreciation is not real ...and certainly not worth changing for.**

It is obviously easier and much wiser to appreciate yourself and make others' appreciation a non-issue ...so you can begin living your new-found joy and self-appreciation as you truly desire, which directly supports and strengthens you in self-appreciation and joy. However, ancient and current teachings declare that "all true joy in your life comes from thinking of others ...and all sorrow and suffering from thinking of yourself". The presumption in this is that, since your mind cannot focus simultaneously on two disparate things or thoughts, while focused on others' difficulties, your own problems fade into obscurity, which is obviously true, ...however, this relief is only temporary, for when you "stop" focusing intently on others, your own problems, though they have been held in abeyance for a while, rush actively to mind again ...usually unabated.

**In loving another because he or she is, say, honest and compassionate, then you love honesty and compassion, not the individual embodying these qualities. This being true, then self-love is the greatest and deepest form of true love.**

Love of self is both wise and enriching,  
it is not egotistical, narcissistic, nor selfish.