

Article 299: Some Mindstuff About Mind –part 4

1. Could you ever feel controlled by ...or out-of-control because of your desires, habits, or compulsions unless you expected to get something in return for your actions? Actually, it is this belief in “getting” that results in habits and compulsions ...and constant striving for desires, and it is merely your out-of-control that you are putting into your life, ...then you feel controlled by ...or out-of-control because of what you are minding into your self and life. Instead of struggling endlessly against your habits, compulsions, and desires ...merely change what you are minding into your self and life.

2. Mind, as active differentiated consciousness, is infinite, and you alone determine the activity of mind *as you* and *for you* as you truly desire.

3. You are self-realized•self-realizing mind, ...and, in this, you alone can and do determine what nourishes you mindfully ...and how you will be nourished, what is mindfully desirable for you and what is not, and what offers mindfully fulfilling happiness ...or brings conflict, ...but none of this alters *the nourishing goodness and benevolence of all things*.

4. Judging and struggling against your self-created mindful self and matters is both your choice and your anguish ...or emptiness.

5. Just as events, as change, are the creations, differentiation, and activity of time ...but do not alter time, thoughts are the creation, differentiation, and activity of mind ...but do not alter mind, ...therefore, the greatest and finest expression of mind is *any thought*, for there is not ...and cannot be a good-thought or a bad-thought, a right or wrong thought, or a proper or improper thought, though they can be, and are, personally desirable and nourishing for you as you desire.

6. Are you willing to constantly and consistently nourish your self and life with the mindful thoughts you truly desire? ...instead of the ones you have habituated your mindful self to?

7. Have you been creating and nourishing yourself with thoughts of illness? ...with unmindful emotions of anxiety and anger? ...with concealed, unthoughtful attitudes and actions of stress and frustration? ...with thoughts of forsaken promise? ...if so, it is time for you to mindfully consider what you believe nourishes you.

8. As the greatest love of all is unconditional self-love, the greatest mind for you is nourishing self-mind.

9. It is wise for your mindful self and life to pause regularly and insightfully experience and contemplate your own thoughts, ...and, in this, the first thing to remember is that of all things in the universe~material and

non-material~*only mind can experience and know itself*, ...not even undifferentiated God or consciousness can do this.

You are the mind of God!

10. Beliefs and statements which flow beautifully, sound correct and enhancing, seem reasonable and desirable, and are grammatically superb may actually be entirely untrue, devoid of real meaning, and extremely misleading, while a structurally incorrect belief or statement may be valid and meaningful ...and offer wisdom and guidance, ...from this it seems that language can be quite a barrier to understanding and support.

11. How frequently do you disagree with people before making certain you understand what they are talking about? What right do you have to disagree if you haven't clarified what is being said?

12. Youmind works according to how you think youmind should work.

13. The essential form of language for youminding was created by people who were unfamiliar with present-day knowing and awareness, ...yet, though great strides and changes have been made in our knowledge and understanding of our world, the underlying structure of language remains the same ...and, in spite of technological advances, your life marches to the tune of that ancient language, ...are you willing to be a different drummer? ...or will you continue beating out the same duality-language dirge?

14. Do you know the difference between thinking and experiencing? ...between experiencing and imagining? ...between imagining and perceiving? ...between perceiving, hoping, and wanting? ...between desiring, feeling, and having? ...but you don't realize that everything in life is youminding through languaged thoughts, ...do you?

15. All healers and therapists, philosophers, teachers, guides, counselors, and religious clerics ...and you of course must realize that all of their treating, teaching, sermonizing, improving, or restoring ...or your changing in any form is ineffective ...or temporary at best if the underlying•overriding mindful you is not dealt with.

Unfortunately, all of these people ...including yourself, being physical/spiritual advocates following a dichotomylanguage pattern, believe they are strengthening, unblocking, and restoring harmony and balance ...and a healthy body and mind so you can live a "normal" physical/spiritual duality life "as usual", ...is that what you really want?

If so, then consider this: any getting better or healthy, doing right, creating a mind•body oneness, being moral or loving, improving, learning, developing, becoming finer or wiser, living spiritually, or even accepting

and forgiving, as indicated in your physical/spiritual dichotomy-languaged-self and world forsakes the mindfully promiseself and life you truly desire. What do you believe you really gain in all of these actions for such a tremendous loss?

16. In an attempt to create language-sense of unknown, aspects of life ...and to protect a future individuality and life for yourself, you accepted the beliefs and teachings of an *immortal **spiritual** self* without realizing what you were doing, ...and, in that, you created a false dualityself and youniverse ...and destroyed your desired self and life.

You made a bargain with the Devil!