

## Article 302: The Law of No Mind

This law is also known as “the law of reversed effort”. The foolish presumption of this law is that God and love and wisdom ...and goodness are infinite in the universe, that “all things” are God, unconditional love, infinite wisdom, and beneficial goodness, ...but tapping into these sources, which are “closely guarded” by ordinary consciousness, requires that you break open the seal by *forsaking thought*, for it is declared that thinking, especially dualistic thinking which creates differences, separation, distinctions, and opposites, locks you more-firmly away from God, love, wisdom, and goodness beyond language.

Zen offers many koans or riddles, such as “what is the sound of one hand clapping?” which, being paradoxes, cannot be answered or resolved through logic or reason ...or any other form of rational thought. This is an attempt to direct a Buddhist student out of and beyond dualistic thinking into a state of peaceful awareness without active “minding” ...for it is declared that life, like koans, must be experienced ...not thought about ...and certainly not directed. Koans, therefore, are declared to be a practice for living the fullness of life as portrayed by Buddhism without mind.

The problem with this is that experience without mind is not experience or wisdom from life ...or any true offering to life, for fullness does *not* come or abide without mind, ...for everything exists within mind. Besides, if great love and wisdom come only through lack of mindful effort, then *doing nothing offers everything* ...and if everything is offered in *pure consciousness or unconsciousness*, how would you know God and love or wisdom and goodness without a knowing mind?

Do you really believe that all of these “knowings” come forth from an unconscious mind following a law of no mind or reversed effort? ...and even if this is true, can you know God, be loving, live and express wisely, or know benevolent goodness without mind or effort? Of course not! Even intuition ...which is frequently described as “knowing without knowing how you know”, Zen’s satori or state of illumination, Freud’s subconscious mind, spiritual awareness, or Jung’s collective unconscious all require mind to be known ...or to be of service to you.

**All knowing is mindful knowing!**

Therefore, the problem is not one of reversed mind or effort ...in that the more you think or strive the less you will gain or attain, nor is it that God, love, wisdom, or benevolent goodness can only be directly experienced or perceived ...or allowed to unfold without thought or explanation, nor is it

that these are “fixed laws” of the universe which cannot be violated or transcended, the problem is that man’s self-created language, which was only designed to convey “packets of information” is inadequate for expansive minding ...and living. The answer does not lie in ending thought, it begins with changing the language of your thinking ...and of your believing, attitudening, feeling, speaking, and acting.

A *law* is a rule, command, or statute established by an authority, which in this instance has become or been presented as a truism or principle of life which must be lived ...and not violated, ...however, a *promise*, such as a promise of reversed effort enables the universe to function as a rule or principle or truism ...and as well function as you truly desire, for while it seems that the universe is dedicated to “greater wholes”, it is also fully promised to unconditionally support your greater wholeness as you truly desire, ...therefore, though it certainly seems otherwise, the universe does not impose rules, commands, or laws upon you which you must live, for to do so would destroy your free will ...and the “greater whole” of yourself you truly desire.

The universe supports you or controls you,  
...which do you believe is occurring?

If you believe the universe is controlling you, then that belief alone is your direction to the universe ...and she will oblige you by effecting herself in that way, ...but as soon as you believe otherwise than that, she promises to reveal that to you as well. It seems then that you must be careful about what you ask for ...because everything in the universe promises to immediately and unconditionally fulfill whatever you ask for and promise with every belief, thought, attitude, emotion, word, and action. Are you up to promising yourself as you truly desire? The universe doesn’t limit her promises to you, so why do you limit your promises to yourself?

The universe does not limit, through laws or principles, your access to God, love, wisdom, or benevolent goodness, or your actively knowing or experiencing them, she promises you complete, direct access at all times under any condition, for any reason or purpose, ...there is no correct way or right purpose. The universe promises all to all; only your false beliefs and uncertain motions created by your distorted language withhold your desires or require you to seek ...and seek in a particular way, such as through no mind or no effort.

The universe promises to support you and fulfill your true desires as you truly desire ...and promise with every belief, thought, attitude, emotion,

word, and action. Life's promise then has the power of a principle ...and the simultaneous freedom to obey and support you, ...what are you willing to promise in return? A promise is a covenant, a solemn agreement, a pledge or a vow. Are you willing to pledge the greater wholeness of yourself to life? ...and to yourself?

The universe's *promise of reversed effort* is not that you will gain everything by doing nothing or by not interfering, it is, for instance, that no additional effort or payment is required of you to live as you truly desire, ...for all you have to do is *live as you truly desire*. That is the universe's, or God's, promise and covenant with you! ...that God, love, wisdom, and benevolent goodness are completely available to you at all times, all you have to do is be god in your self and life ...and promise yourself as you desire, be bving as you desire bving to be, live wisely ...as you truly desire, and live and offer the benevolent goodness you truly desire, ...is that asking anything of you? ...or is it promising everything to you through "reversed effort"?

Actually, since the universe is emergently following a promise of "greater wholes", the *promise of reversed effort* indicates that though there is no additional price to pay for living in the universe as you truly desire than *living as you truly desire*, the universe promises, and remember, the universe is the embodiment of God, so God promises that in your doing this, she will offer you your true desires and a whole lot more ...in a greater wholeness of yourself and every aspect of your life and universe.

The *law of reversed effort* is a command to surrender yourself and let the universe, the embodiment of God, be and do and offer you as God desires, ...while the *promise of reversed effort* is that in always living as you promise, you will have your promises ...and much, much more.

Those of you dealing with 12-step may recognize this *law of reversed effort* as the *law of surrender*. If you are in 12-step, you have previously surrendered yourself to your particular addiction, so how then can you possibly believe that surrendering yourself to an assumed authority over you will help you? ...for your previous surrender to an addiction was your attempt to avoid such authority over you, now 12-step seeks to have you surrender your empowered self and life with the assurance that this will restore you, ...does this make any sense?

Restoring yourself to sanity ...and the empowered self and life you truly desire only requires your empowered promise to live as you truly desire, for as you truly promise~through every belief, thought, attitude,

emotion, word, and action~to the universe ...which is God, God and the universe promise to fulfill you to overflowing.

Allow yourself to feel safe, loved, and cared for  
...and fully promised!