

## Article 304: Who Are You? -part 2

The structure of your language keeps you perceiving and experiencing yourself as an *effect of life* ...not as affecting life or living life, ...and as you are constantly exposed to *being an effect*, you build up a tolerance to your self and life ...and numb yourself to that effect ...and to all of your life. For example, you fall in love and are excited by the changes•expectations•opportunities, yet, in many instances, after a while, your life is an effect of that relationship ...and you build up a numbing tolerance to or against being aroused by that individual and the relationship ...which a short time ago was exciting and stimulating.

If we reveal an allmind understanding to you which frees you from your life of problems and struggles, ...isn't it foolish to return to your languaged-self and life "as usual" while declaring, "No thanks! I'll continue in my old self and ways because I am learning and growing and developing ways to overcome my problems"? If you truly believe that life is "a learning experience", why not forsake your struggles and live these allmind revelations directly? Why bring problems into your physical body and life only to overcome them? ...or transcend them? ...for your "bringing them into the physical" alone creates the need to overcome or transcend them, ...instead, live understandings directly in your self and life as you truly desire, for in doing this, you transform your allmind-physical body and life ...and live yourself out of your self-imposed languaged-restrictions and limitations. In other words, instead of changing yourself to rise above or overcome allmind-physical, change the languaged-physical self and world you have created to struggle against and learn from.

**Raise your physical world ...not yourself!**

Could it be that instead of seeking to discover yourself ...and trying to learn and grow and develop, you are living your trueself and struggling with past lives and karma ...and with events and situations to "confirm and prove" that you are who you thought-languaged yourself to be? ...or that you are greater or other than that? It seems that you are simultaneously struggling to confirm and overcome your self-languaging! Does that seem wise to continue in these ways?

Isn't it possible that you actually feel comfortable and safe in your duality language and beliefs ...because, no matter how many problems and difficulties they spawn, you are at least consistent with everyone else? ...and sense that what you might gain in a world of allmind will be paltry and even foolish compared with what you will have to give up or change? Are you concerned that in an allmind universe and life you will lose more than

what you gain? ...that you will lose old friends ...and long-established beliefs, habits, and ways of life?

Since you have never been required to *clear yourself of previous thoughts before thinking anew*, what ever makes you believe that to heal or change ...or thrive in an allmind self and life you must first clear yourself of old matters? And if you feel that you must be self-realized before living an allmind self and life ...it is time to understand that to be self-realized is to be self-realized *in mind*, ...there are no beliefs you must believe and live and express, no thoughts you must think ...or not think, and no actions you must perform to confirm and sustain your self-realization.

If you add up all of your *doings* ...will you ever discover or realize you? ...yet, if you add up all of your being the reasons for which everything in your life is done, aren't you likely to realize yourself? Do you best-serve yourself by "discovering yourself and working on your own development and consciousness? ...or by fully being the reason others work on their development and consciousness by understanding their being the reason everything in their life is done? Would you rather expand your allmind-self and awareness, ...or be the reason you expand your allmind-self and awareness ...or be the reason others expand their allmind-self and awareness?

If you have desires for a calm mind free of dualities and problems and anxieties, for a life of better health and fulfilling relationships, for "real" living and prosperity, or for a rich and enriching self and life, do not seek spiritual-awareness, "seek" self-awareness and understanding. And instead of disciplining your thoughts, beliefs, emotions, and behaviors ...understand them, for true understanding will properly enhance them and you ...as you truly desire. In spite of all beliefs and teachings to the contrary, there are no differences between "ordinary awarenesses" and "greater awarenesses", ...and if there is a difference between what you truly imagine of life and for yourself ...and what you sense or know is "real", maintain your images and alter what you think is "real". There are no boundaries of imagining ...and in fact no boundaries of thinking outside of languaging.

Those who tell you, in one form or another, to "revise your ego-ideal of yourself so it comes closer to being realistic" are trapping you in a constant and endless self-defeating struggle for self-confirmation ...and then in a conflict overcoming your dichotomy-languaged confirmation. You are not other than the thoughts you think, the attitudes you create and carry into each situation, the emotions and sensations you have, and your

constantly changing body and life and awareness, ...you are all of these things ...and much, much more.

Are you concerned about identifying with your thoughts ...and even about becoming attached to them? In a world of allmind, identifying with and becoming attached to matters around you is quite appropriate ...and even desirable, ...and you do not have to avoid any emotional dependence on material things and events, for all things are mind, ...however, it is certainly wiser to nurture mind-matters, like thoughts, which support as you truly desire ...than to establish indiscriminate, unwanted mind-dependencies.

And do not renounce beliefs, ideas, and processes which seem to be improper and misleading, ...instead, strongly and steadily live the concepts that fulfill and enhance you are you truly desire.

In the midst of daily noise and confusion ...and demands upon your time and energy, instead of denying yourself or focusing on who you want to become and create, center your focus "through" the ideal person you are ...and act accordingly, which will enable you to perceive and feel yourself being the ideal individual you are, ...but stay away from any acts to confirm yourself, for all such actions will only confirm the doubts you carry about yourself.

You are capable of being your finest allmind self!