

Article 313: Who Are You? -part 9

Do not waste your self and life waiting for extraordinary signs and visions ...or heavenly voices, for extraordinary inspiration, awarenesses, and transformations usually appear in such mundane ways that you will miss these enriching and arousing aspects of life unless you have trained yourself to pay close attention to these **enlivening ordinaries** and reflect upon them, and expand them and yourself to an even greater and finer promiseself and life. The concept for life's tremendous complexity occurs only in your language ...not in life. The same is true of life's problems and difficulties, illnesses and loss of wellbeing, and your unempowerment and lack of free will, for, these conditions also only exist in your language, ...but you don't believe that, do you?

Many people, struggling with a problem or decision, spend hours or days doing something else, such as relaxing and surfing ...or meditation, until one day, "out-of-the-blue", an idea or answer comes to them, ...and since this "process" is constantly repeated and repeated, it has become an example of "intuition" ...or of contacting your higher-self, unifying with cosmic consciousness, or gaining greater awarenesses, ...and this is quite all right if you are willing to remain patiently open or wait for answers at the beach or in mediation, however, if you desire to live a "fully-realize self and life" all the time, which is your promiseself, then it is time to condition yourself to recognize, follow, and expand a personal, self-created pathway of extraordinary experiences, awarenesses, and feelings. Unfortunately, it seems that, in one way or another, in order to live and confirm your extraordinary self, you must overcome your languagedself, ...or, based on your "image of God", you can declare and promise yourself ...and train yourself to be and live that promiseself. Remember, everything you do begins and continues in mind, ...in fact, everything that has ever been done began in mind and was done in mind ...and continues in allmind.

If you truly think you are extraordinary, ...you are!

Of course, if you miss, dismiss, or deny your unusualness and think you are ordinary, ...you are! ...and wouldn't it be a shame to miss being all that you are? ...just to maintain your lanuaged-beliefs, thoughts, and ways?

For centuries, mystics have counseled and enticed individuals to seek a greater sense of self and a transcendent state of being and experiencing by keeping their mind alert and accepting but devoid of conceptual thinking, ...however, quieting your mind to reach transcendent levels seems futile ...for, in order to benefit from this greater awareness,

you must actively live this mindstate and not lessen and restrict this wisdom to the level of ordinary consciousness. You can fully and actively live this higherself and more-expansive mindstate~noncemand~at every moment ...and certainly without “quieting your mind”, “lessening your desires”, “overcoming your ego”, or “developing finer intentions”, ...and you do not have to set your conscious conceptual thinking aside, for conscious• unconscious, being mutually supportive, work together, ...actually, their fully working together is a transcendent mindstate ...just as your higherself and “normalself” functioning as one is a transcendent mindself.

In helping you discover *who you are*, we are guiding you beyond who you “think” you are to realize and live the “greater” mindself you truly are, which is locked away in your subconscious mind ...or unconscious mindself, ...and your reflecting on “unusual experiences and feelings” is a pathway to realizing your “greater” mindself. In this process, *reflecting upon* your journaled experiences and feelings means “to consider profoundly and expansively, to mirror back, and to manifest images of yourself as a result of your experiences, feelings, and actions”, which offers *individual self-portraits* of your mindself for you to sequence and infer yourself into action, ...for you are *mind in action*.

You are frequently told by philosophers and religious teachers to act without requiring a particular result or consequences, while other counselors advise you to look closely at the consequences of your actions, and still others declare that your attitudes and intentions are of greatest concern, for in reflecting upon unusual experiences and feelings ...and declaring yourself, you will find that you are the consequences of actions and events in your life before they occur, so all occurrences are merely a presentment of yourself. In other words, you are who you are before events and feelings reveal who you are ...and you are those experiences and sensations.

Be clear about what you record ...and what you reflect upon ...so you will accurately perceive yourself, for things are not as you believe ...and have languaged them to be. For example, Aristotle thought deeply and declared that heavier bodies fall faster than lighter bodies because of their *inherent nature* ...and this concept was accepted as “true” for many centuries simply because it sounded correct, until Galileo, distrusting this basic concept, dropped two things of different weight from a tower and watched as they hit the ground at the same moment, which immediately disproved what had been considered a truth for centuries.

In reflecting upon your recorded experiences and feelings to discover *who you really are*, your first problem will be to distrust what you believe is “your inherent nature, the concepts you have languaged yourself to be, the things about yourself that sound so correct, and the self-truths you have lived for years”, for you are far-greater and more-expansive than all of those, ...therefore, do not restrict your reflections by any of these limitations, go beyond your languaged-assumptions about yourself and all of life ...as Aristotle should have done.

Be cautious of the self you believe you have lived and demonstrated for years ...for this too may deceive you ...or mislead you. For example, while it is declared that reality, or what is real, including yourself, is only what can be “demonstrated”, even this is insufficient, for it was demonstrated for years that light is a wave, and, to accommodate this “wave-proof” of light, science created ether as the substance of space through which light waves move from distant stars to earth, and this “proof” seemed to settle the question ...until light was also shown to be a stream of particles ...which could easily travel through space as a void, ...and this changed everything, for an unknown ether was no longer needed to explain what was being demonstrated. Are you “manufacturing” aspects of yourself and life to prove what you language yourself and life to be?

You believe yourself to be the sum of all “provable” past things in your self and life, ...however, though you don’t realize it yet, you create today the experiences and sensations which have created you. Listen carefully to this ...and reflect deeply upon this! And though you may not understand these next words either, you have asked the universe to “create me as I have created you”.

Have you been wisely creative
...as you truly desire?