

## Article 317: Alpha and Omega -part 2

Be sure to read part 1 of this series before continuing. Everything we've said about universal love applies equally to knowing or sensing self, spirit, reality, or the ultimate purpose of everlasting life; that these universals cannot be sensed, experienced, or lived, for you know only the particulars of your mind. Everything you perceive or become aware of is individual, for, in all things, you can only sense or experience what you put into life, ...which your mind and sense-perceptors cannot move beyond. You never understand or experience anything beyond the particulars you create and put into your life; therefore, if you want to be aware of or experience things beyond, or other than, your present knowings and experiences, ...you must expand or change your mind, ...and since all feeling, sensing, perceiving, and experiencing is actually a mind-action you have created, these aware-actions constantly "reveal and challenge" the beliefs and particulars and limits you have set, ...which helps you become aware of your mindself and life ...and alter or expand them as you desire.

Are you beginning to sense and understand the goodness and benevolence of the universe in this? The universe keeps you completely confirmed and secure in your present mindings, ...yet challenges you and offers you a way to know yourself and re-create and expand yourself and your mind with every feeling, sensation, and experience as you desire, ...and as you are willing to mind and put into your life. Life never acts against you or imposes itself upon you, ...it accommodates you and fulfills your desires and mindings through experiences. Believe in "evil" ...and you will see "evil" all around you, ...truly believe in the goodness of all things ...and that too will be all around you.

You, as mind, can consciously speak with yourself, ...and, as mind, you can profoundly contemplate and affirm all that you truly are ...and what you desire to put into life, thus you can guide and manage your self and life to thrive in all things as you truly desire.

Do you have five senses? ...the senses of feeling, hearing, seeing, tasting, and smelling? ...and though Buddhists add a sixth sense of "thinking and visualizing", it's time to recognize that you have only one sense ...that of minding. Your five senses are merely "information devices ...or activities", while the sensing actually occurs in your brain. You don't see in your eye, you see in your brain, ...actually, seeing your youminding, thus the Buddhist's sixth-sense is actually your only sense, ...doesn't that make sense?

You are not a spirit in a physical body, you are mind, in fact, all things languaged as spiritual or physical are mind.

Even more-correctly, this sensing, or youminding, is not your sensing life, it is you putting into life, ...therefore, in the future when questioning, "Am I living as I truly desire?" ask instead, "Am I putting into my life and mind as I truly desire?"

All living organisms have mindsouls~that which enlivens them~and many organisms possess a "brain"~whether active or reactive~but you and all of mankind have a conceptual brain that creates particular mindings which engender desired experiences, or which expand or eliminate experiences. Your mindings organize all "things" to determine your self and life ...and self-created, self-imposed destiny. You become aware of and understand your mindings only when you particularize and experience them; therefore, by choosing to believe, think, feel, speak, and put into your self and life only what you are willing to be and live and possess forever, those particulars engender your experiences ...and you have your desires fulfilled, ...actually, you are your desired mindings, ...of course, this does mean that as you put undesired beliefs, thoughts, attitudes, feelings, words, and actions into your mind, whether or not physically embodied in your self and life, you are these undesired mindings as well.

One of the unique properties of your brain•mind is active-awareness of your own beliefs/desires/acts, ...which enables you to continue your present beliefs and life, or to create new mindings, expand your promiseself and life, and live anew. The choice is always yours ...and yours alone, for no one can mind your beliefs or particularize your life for you, only you can do that. Only you can create your individuality and life, ...and that you do.

Since you can observe only what your mind particularizes, all self-understanding and knowing, all introspection and reflection, and all meditation upon self will only confirm your present beliefs. All such actions keep you completely enmeshed in your own beliefs. To change, you must be willing to believe in and live~particularize and mind~anew, ...and if you want that to offer the meaning, purpose, and happiness you desire, you must put that into your self and life. What you particularize in your life is proof of your beliefs, regardless of what you may think or say or feel your beliefs to be. You are your beliefs~your minding~and your life is a continuous process of particularizing your mindings, ...and your meaning•purpose•happiness is your particularizing.

In mind, life is not physical and/or spiritual, life is perpetual, ...and, as all is mind, time is mind as well, for what you refer to as time in your world is merely your mind's perception. You live in a spacemind universe ...not a spacetime universe.

Since all things are mind, to change, **mind anew** ...and your old minding fades away, ...whereas, in a duality world, if you believe that things are other than mind, then it seems obvious that to change matters, you must create and strengthen opposing matters to weaken or destroy what is undesirable, ...which, of course, only creates opposition, conflict, confusion, and constant struggle ...which doesn't really resolve the original underlying problem.

**If you are opposing, you are not truly minding!**