

Article 335: Some Stuff About Some Stuff -part 3

1. Zen Buddhism declares that since everyone is the result of “cause” ...and is a cause, there is no thing called “self”, for what is believed to be “self” is continuous cause ...or continuous movement. Obviously there is no “fixed” self, but there seems to be an ever-changing-consistentself; ...everything that flows and changes moves in a consistent pattern.

2. Meditation is about relieving and releasing inner-pressures ...including pressures of the mind, while Forever Living is about not creating and harboring undesirable pressures. This is not a matter of being calm and peaceful ...or withdrawing from active participation in life, ...this is a matter of *fully living yourself* such that the ordinary judgments and pressures of the consequences of dualitylanguage-living is of little or no concern to you.

3. It does little good to train your focus and concentration, improve your ability of observation and perception, be the reason things are in your body and life, strengthen your will, improve your making decisions, lessen your distorted beliefs, and expand your minding in the same universe you’ve always struggled against, ...you must change the universe in which you live, ...besides, that’s the easier choice.

4. Do you believe what you hear? ...or do you only hear what you want to believe? Is this wise? Why is it, do you suppose, that when it comes to personal-relationships and intimate friends, your eyes•ears•mind filters out and changes everything it perceives? Is this any way to begin an open, honest, intimate relationship? And if you do this in the beginning of your relationship, ...how will you ever grow in awareness and understanding of your self and partner? What else might either of you be concealing and denying? ...failing to see or understand? ...changing to suit yourself? ...misjudging? ...leaving unsaid or unclear? ...being deceptive about?

5. Anger in your relationship is never misplaced, for when you experience or express anger, whether silently or loudly, you alone take the brunt of your anger, ...which is your choice of self-deception and self-destruction, ...for whether it is your own anger you are expressing or your partner’s anger you are experiencing, it is all about *your not living as you truly desire*, ...so whose fault is that? Anger is not about your expectations of others, it is about *your not living up to your own expectations or not doing much of anything about your own expectations*. It is time to put the energy of your anger into living as you truly desire, for no one but you can offer you that ...or withhold it from you.

6. If love is true acknowledgment ...and that seems to be so, and if people who are denied love are damaged ...which frequently occurs, and if you have as you give ...which seems obvious, then love is actually actively and intimately acknowledging others, and in the process of acknowledging

them ...you acknowledge yourself, ...this is love in action! Love is not, necessarily, giving to others or caring for another ...or even helping someone, for these actions alone could easily result in harmful consequences ...besides, how do you know the loving gift, caring action, or appropriate help to offer in each situation? ...even with a loving partner you cannot know, while intimate-acknowledgment acknowledges their actions ...their offerings•caring•helpful or just being. Is it more-loving to give to others ...or acknowledge them? ...and their support and giving? ...which truly acknowledges them, while your givings acknowledge you.

Constantly acknowledging another, and his or her being or action, keeps love constantly alive, always “positive”, and ever-expanding. This acknowledging is not praise ...or praise for “good works”, for that alone would destroy unconditional love. Can you love unconditionally? How? What is an act of unconditional love? How do you know? ...and how do you know what the results will be from an unconditionally-loving act on your part? If your act turns out to be harmful, ...are you to blame? Did you do the “wrong thing? ...act unlovingly? Isn’t acknowledging a complete act in itself? ...without consequences to consider or focus on? Intimate-acknowledging is not something you do to be loving, it is loving itself; ...and while you don’t know how to be unconditionally loving, can’t you acknowledge another person unconditionally?

As there seem to be unloving acts, determining loving actions maintains judgments, while unconditional intimate-acknowledging can truly be lived at all times, ...and it rises *above* judgments ...and loving acts.

Isn’t it possible to be unconditionally loving and not acknowledge an individual ...yet, as you think about it, is it possible to intimately-acknowledge another and not be unconditionally loving? In your mind and heart, which is “greater”? ...and constantly active and loving? Isn’t the physical act of intimate-acknowledging what you truly want in wanting love? Would you rather live in unconditional love, which is passive and does not require acknowledging ...or in intimate-acknowledging which is both active and loving?

7. Many people today declare that they fully enjoy what they are doing: they like their work and make a good living, they travel and have fun, they set and meet their goals and desires, they have a fine house and several cars, they are happily raising 2.3 children and a pet, they are engaged in many satisfying activities, and for now their health is reasonably good ...yet all of that seems to lack any real meaning or significance, and they ask, or will ask in the future, “Who am I ...and where is all this leading?” “Why am I doing what I am doing?” “How and why did I get on this pathway?” “What’s life all about ...anyway?”

It seems as though, even with all of this success, they are just being carried along without really knowing or living as they truly desire, ...is it

possible that you are being carried along an emotional ride in life ...and maybe even with an intimate partner without knowing yourself ...or your partner? Are events and situations controlling you? ...and though you believe they are not controlling and limiting you, ...reconsider.

8. What is the point of life? ...of your being here at this moment in time? ...of your intimate-relationship? Remember, if you believe that the answer is to learn•grow•experience, you will transform every situation into a test ...and a struggle to overcome limitations and unknowings. Is that the sort of life and relationship you desire to continue?

9. Every conscious act is an attempt to control and gain the acknowledgment you desire.

10. If you have not openly declared the meaning and purpose of your languaged-self and life, you will find no satisfying meaning or purpose in this life ...or in any relationship. Like putting the cart before the horse, *have you set doing your life or getting a partner and relationship before meaning and purpose? Wake up! ...and set things straight!*

Choose to act before you think!