

Article 389: Outside the Box -part 6

To end cause and effect in your thinking and awareness ...and self-realization, that must be the first and uppermost thing in your life, for you cannot end cause and effect while living and thinking cause and effect in your daily activities, ...however, you do not have to change your thinking or activities ...just the way you think and act ...and relate to everything in your life.

If I show you that, for example, the breathing problems associated with asthma are not a matter of not being able to take a breath in, but reveals that the patient won't *let go of an old breath* to take in a new, vital breath, ...and since air represents attitudes, this shows that the patient won't let go of an old attitude in order to take in new, vital attitudes. Understanding this relationship between air and attitudes, you probably believe, in some way, that not letting go of old attitudes in your life cause asthma in your body ...and that by changing your interactions with attitudes your asthmatic breathing will clear up, ...however, in this you would be wrong about what you believe is the "cause" of asthma ...and about what you believe would "cause" a cure of the illness.

If such attitudes actually caused asthma, or if anything caused asthma, it would be reasonable to assume that changing or revising those attitudes or causes would relieve the illness ...but it won't!

If you fall out of a tree and mess up your shoulder, is it reasonable to assume that not falling out of the tree or changing your attitude about trees and falling will change or heal your shoulder? ...or that letting go of your attitude about trees and falling will ease your shoulder or lessen your asthma? This information about the relationship between asthma and attitudes, or hurts and falling, is correct, but this is an informative relationship that always sequences or occurs ...but is not a causative relationship, ...therefore, changing attitudes may lessen a person's conflicts with and against life ...but changing attitudes will certainly not cure or change the illness, heal your shoulder, or lessen pain, ...and this is true of all body distresses and everything you believe is caused.

Can you move away from the belief that events cause you and then happen to you ...and move to the idea that you cause the events you desire? ...and then move away from you cause the events you desire ...and move to events are not caused? ...and then move away from events are not caused ...and move to you are every event in your life? ...and then move away from being every event in your life ...to seeing and realizing every event as the essence of you? ...not revealing the essence of you? ...and then realize that you alone visualized and realized this essence into existence in your self and life ...not that you visualized and realized what exists ...and then always move from this foundation for everything in your body and life?

Let's look at asthma again! Since asthma reveals that you won't let go of one old devitalized breath or attitude to take in another vitalizing breath or attitude, then can you understand that breathing and attitudening is causing and effecting? ...and that the one attitude you might be unwilling to let go of is that all things are God-caused right and correctly so ...to take in the vitalizing breaths of your causing as you truly desire? In this environment, asthma is undesirable ...and you would seek to overcome asthma ...while holding tightly to your original attitude about the causes of all things ...and resist any new attitudes, ...thus you alone are the reason you have asthma ...but you and your attitudes and actions do not cause asthma.

Just for fun, consider this Zen question! If you fall out of a tree in the forest ...and no one is around to see, do you really fall? ...and of course I have to ask, do you make any noise in falling? ...or not falling?

Now, let's take asthma out of the good/bad of cause and effect. Is it possible that asthma reveals an attitude or breath you really do not want to let go of for constantly breathing in and out? ...is it possible you don't want to let go of how you have declared you will be alive and turn that over to causing and effecting? ...no matter whether God causes or you cause? If your one breath is as you eternally desire ...and cause and effect is of little or no desire, then asthma is not in your body and life because there is nothing to reveal, ...thus, in this illustration, you are the reason you have or do not have asthma ...but nothing causes asthma ...not even you, ...and this is true of all hurts and illnesses, circumstances and conditions, and events: you are the reason for these in your life.

Most people would declare they want an intimate relationship but won't be the reason they have an intimate relationship by always living intimately ...and never sacrificing intimacy to cause and effect, and in doing the same, you are the reason you have an intimate-relationship ...or not!

You cannot overreach cause and effect and be the reason ...and call it done! ...you must continue living beyond cause and effect ...and know that your life has just begun; ...overreaching cause and effect is just the first step, the beginning upon which the future rests, ...actually, living beyond cause and effect as the reason is an awakening of your past to be an expansive foundation of your true self and life, so you can finally and earnestly be yourself ...and eagerly and passionately live as you truly desire ...in union with others who have abandoned cause and effect.

Being the reason for everything in your life by living beyond cause and effect is not for those who are mentally lazy, I can't stress this enough, for cause and effect got its start because of mental laziness ...and is maintained through mental laziness, such that a view of life beyond cause and effect, which is meant for those with a fiery passion and reassured determination, cannot even be formed or come into view ...or even be sensed.

Whether or not you realize it, you have been part of this movement to life beyond cause and effect for quite awhile, ...and though you think this is not true because you don't remember these things ...and have not been given a specific task or purpose, if you look back clearly and deeply ...you will discover the moment and occasion when your life took on a new form and shape in this direction, a new form and shape you did not cause ...or sense being caused within you, yet, in that moment, for some unknown reason, you expanded in self-mastery through some discipline of your mind and emotions, ...so, what will you do now to keep this uncaused light burning brightly in your body and life?

You cannot experience the glory of life
without cause and effect
by reading and talking about it!