

Article 39: Wellbeing 3

Since all judgments of actions are actually judgments of the presumed consequences of those actions, and all judgments of consequences are actually judgments of presumed causes and additional consequences, **all judgments are false presumptions**, ...and since all actions/reactions are simultaneous, **no judgments are valid**. But, believing that judgments are right and valid, your life is a desperate struggle against vague shadows and false beliefs ...and judgments, ...is it any wonder that you are filled with pain•illness•weakness? Unhealthfulness does not oppose wellbeing, pain does not oppose pleasure, sadness does not oppose happiness, and weakness does not oppose strength, ...but your constant struggle consistently reveals a life of unhealthfulness/pain/sadness/weakness. When will you end your belief in good and evil ...and your contentious life of judgments?

Because you have always lived with and struggled against opposing dualities such as good and evil, just as you have been taught, it may be difficult to understand and accept our words and end your judgments, ...and your conflicting beliefs and life, which weaken and destroy your happiness and wellbeing. For centuries, scholars and clerics have taught, in many different forms, that to fully know anything, you must also know its opposite. The reasoning is that, since all things are composed of paired-opposites, and you can only know a thing relative to its opposite, to know and live goodness, for example, you must experience evil; you can only know pleasure relative to pain; you have health and wellbeing only relative to unwellness; to be happy you must experience sadness; and you can only be strong by knowing your weaknesses. By this reasoning, to have goodness, pleasure, wellbeing, happiness, and strength, you must live and experience and maintain evil, pain, unwellness, sadness, and weakness in your life. This is absurd, but these and similar beliefs, directly and indirectly, keep you constantly stressed and in conflict ...and living a self and life of pain, illness, and weakness attempting to overcome these false beliefs and teachings.

And love will not resolve these conflicts and problems, for such beliefs declare, that for love to exist and be known, its exact opposite—let's call that hate or fear—has to exist, ...but is that true? Love (by any definition) exists completely independent of any opposite ...and can certainly be experienced without hate or fear. It is foolish to believe that you cannot offer or receive great love without creating and experiencing great fear ...or hate.

In the same way, if what you are and what you are not are so intertwined as opposites that you cannot know what you are without first

knowing what you are not, then you cannot know what you are not, without first knowing what you are. The belief in opposites or opposite polarities means that and to support and live what you are, you must maintain what you are not. The belief in paired-opposites is preposterous ...and completely irrational, but your ways and judgments continue and strengthen these beliefs and conflicts.

But, despite all we've said, you probably want to live by good and evil so you can "cause" all the good things you want in life, ...don't you? But only because all things are uncaused miracles, can you be and live your happiness and wellbeing without first creating and struggling against guilt and regret, sadness, pain and weakness, self-judgments, hate and fear, or illnesses, ...for all things are emergent.

The term "emergent" (not to be confused with emerging) means: properties that exist within the whole which do not exist within any of the constituent parts. For example, flowability, cohesion, reflection, refraction, and wetness are all properties of water, ...but none of these properties occur in the constituent atoms of hydrogen and oxygen, they appear with water totally uncaused, ...just as water occurs without being caused by any prayer, chant, ritual, sacrifice, person, or thing. At this point in the discussion, you have reached several conclusions about what we've said, but nothing in our words ...or in your past experiences ever "caused" your new conclusions, or your attitudes and emotions about these conclusions, ...they arose fully formed from the constituents of our words and your beliefs and experiences. See? **...all things in life are uncaused emergent miracles!** And only through uncaused emergent miracles is the universe unconditionally loving, for, in this, you are never judged ...and nothing is ever withheld from you.

With all things in your life, you select with every belief, thought, attitude, emotion, word, and action the constituents you desire ...and the universe, being unconditionally loving and supportive of your true choices, emergently does the rest. This is known as constituenting. And if you choose to live pain•illness•weakness, you will have them; and only this preserves your free will and absolute forgiveness, for, if things are caused, then, in each instance, to have or create something, you must discover and appeal to or manipulate that which causes your desires; ...for, as Aristotle pointed out so long ago, that which causes can withhold its causing", ...which destroys your free will and creates a judgmental world. Only in an unconditionally loving world of uncaused miracles can you live your free will and instantly and emergently create the lifeself of happiness and

wellbeing you desire. We hope our words will lead you to end your belief in and struggle against your life of judgments and causes ...in all forms. You can live the truths we are presenting and fulfill your desires, ...or continue your present beliefs and judgments, ...and your incessant struggles, pains, illnesses, and weaknesses.

If things are caused ...and you do not have free will, you are relieved of any responsibility for your present self and life, aren't you?... but, in that, you are held victim to everything that happens to you ...and you do not have the free will to change your present self and life. Are you willing to free yourself of responsibility at the horrific cost of sacrificing your desires ...and your happiness and wellbeing? Are you beginning to see and understand the false and misleading assumptions underlying **all** of your beliefs, the images you have of your self and life and wellbeing, and the struggles and conflicts you've been living? **You cannot cause anything, ...but, by always selecting and living the constituents you desire, by constituting you will always have your desires.**

If you place your happiness in life upon, for example, attaining a certain degree of acclaim or possessions, then your happiness is out of reach until you have those things; then, if you achieve them, after the immediate "rush" of energy and excitement and satisfaction fade, you will have to set another happiness-goal "out there" in your life, maybe to have a bigger name and even more riches ...and struggle to reach your new goal. And all along the way, you will judge as "good" those things that seem to take you toward your goal, ...and everything that leads away from that goal will be judged "bad", ...all of which keeps you living in the struggling sorrow and unwholesomeness of good and bad.

If things in life were actually caused, the universe would be completely uncertain ...and you would lose your free will; ...but the unconditionally loving universe **never** judges you, withholds your desires, or limits your free will. For instance, if, as most religions declare, you have the free will to choose good ...and fulfill God's plan for you, then "good and God's plan", or similar "shoulds and judgments", destroy your free will, because there are things you are not supposed to choose, ...or that are unwise to choose. The frequently-taught belief that "only by knowing evil and choosing good do you have free will", incorrectly presumes that evil exists ...and then destroys your free will and empowerment by forcing you to struggle against evil things ...and to avoid what you do not want, instead of being and living the fineness of yourself ...and your true desires. But, if

struggle is what you desire, the universe will, without any judgment, continue your struggles.