

## Article 40: Wellbeing 4

**All choices in life are equal.** If this is not so, then one choice is better than others, or there are choices you should not make; ...either situation destroys your life itself of free will. But you do have free will, ...and since nothing is caused ...or greater or more right than other things, higher planes of self and life do not exist, and you are not controlled by a subconscious mind or separated from a greater awareness; ...you can, at every moment, choose, with each belief/thought/attitude/word/action, the exact constituents you desire ...and have your choices emergently fulfilled in that way, ...without delay, judgment, struggle, or sorrow. What you have in life reveals exactly what you have chosen, even pain and sorrow and unwellness, ...and what you do not have, that is because you have not chosen it. If you do not have happiness and well-being, that is because, for one reason or another, you have not chosen them, ...for choosing and having are in the doing or giving off, not in the causing or getting or achieving; therefore, **if you want happiness or love or well-being, you must live them, ...you cannot cause them.**

You always choose to serve yourself, ...and though the results of your choices may not be as you desire, your previous choices were made to serve you. For example, no matter how right and wise and loving it may be to live the Ten Commandments, you will only follow that belief and live in these ways if you feel that it's in your best interest to do so. Right now, you have the choice of continuing your old beliefs and life and struggles based on causes and false judgments--and you know exactly what that's like--or you can live the emergent goodness of all things and end the struggle between your mind and body. And to awaken your imagination and hopefully lessen your struggle to make the "right" choice, it's important to tell you that there is no body-mind connection; ...your body and mind exist in the oneness of this universe as a mindful body which can never be separated or disconnected. You and your higher self are one, **Your spirit, mind, and body exist in the oneness of a spiritually mindful body;** ...and, as such, your physical self and life simultaneously create your spiritual self and life, ...so choose wisely!

Since all things exist in oneness ...and opposing dualities do not exist, and since all things are uncaused emergent miracles, as you change the in-picturing of how you are living your life, all out-picturings of pain and illness and weakness will simultaneously change. Physicians have long known, and sometimes declared, that they do not heal, ...they try to create the best environment in which your healing can take place. But how does "healing" occur? If you cut your hand, the wound doesn't stick itself together again, though it appears that this is happening, ...in fact, your body

“heals” itself by creating new tissue. All healing is the same: it is building anew, it is not changing the old; ...in this, damaged or diseased tissues or organs are restored by replacing old cells with new ones. In the same way, by living anew, all outpicturings are different, ...and only then are pains. illnesses. weaknesses “healed”: by creating anew, ...not by changing the old. **Medicine and treatments relieve symptoms**, which appears to be a healing, but these effects will **always** be temporary and incomplete if you are not truly living your life anew, ...which offers outpicturings of happiness and well-being. With these awarenesses ...and with the veil of causes and judgments and falsehoods lifted, by seeing and understanding what your body is clearly and meaningfully portraying, you can continue guiding yourself to live anew, ...which “heals” by changing your outpicturing of pain, illness, and weakness.

The true meaning of living life anew is to live a **different** life, or to live in a different way; but, unfortunately, most people live **differently** and believe that is different. Different means to do something other than what you were previously doing, ...which can simultaneously outpicture happiness and wellbeing. Doing something differently means doing the **same thing** in different ways; but, no matter what you do, and regardless of appearances, you are still doing the same thing. And though it may look or feel different it's not, ...and your outpicturing of pain. illness. weakness remains the same, ...or a similar illness is outpictured. But being and doing different--outpicturing a different lifeself—requires that you know exactly how and what you are living and outpicturing in your present lifeself, so you won't continue in the cycle and conflict and trap of “different vs. differently”. Without confusion or judgment, every aspect, tissue, organ, appendage, and function or dysfunction of your body, from the smallest cell to the largest organ (skin), and from the finest functioning to the greatest dysfunction, speaks louder than words about how you are living your life, so you can clearly and wisely guide yourself to live anew (different), ...which truly changes your lifeself of outpicturings/inpicturings.

Ancient Chinese medicine and alternative healing methods and understandings have taught that various aspects of life, such as love, self-worth, anger, and resentment, reside in different organs (it was once believed that love was created in the kidneys), or that certain attitudes or emotions or matters of life directly affect particular organs, functions, and appendages of your body. These teachings are on the right track, but they are much too simplistic and judgmental, and their practitioners are searching for causes to heal; ...and being blinded by causes and

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judgments they fail to see and understand what is outpictured and being revealed, that...

***All healing requires a cause to heal.***