

Article 422: Habits•Preferences

In your cause and effect world, you say and do and feel most things in your life without any real thought ...because you are in the habit of living in these ways, even if these ways are not at all as you desire ...and have not created a self and life you desire, ...in fact, even though these ways have revealed that they will never create or bring about what you truly desire, you will continue old beliefs and habits even if you dislike what you are doing. Habits are not themselves bad or addictive! ...you attach yourself to habits and continue them regardless of the consequences, ...even to the point of choosing death ...or death of everything you desire as a way to escape from your self-created habits.

Habits of course help ensure your survival, but when the need for a habit is past, it is not easy to change or abandon it, ...in fact, contrary to all evidence, you are likely to believe the threat still exists so you can continue the habit.

Of course, if you didn't have habits working for you, your life would be endlessly complicated, for you would have to remind yourself to take each breath ...and work your heart muscles to pump blood, you would have to remember how to walk and talk, ...and if it weren't for habits you couldn't even think to remember how to think. Habits are your finest ally ...and your greatest threat because you don't really know how to end or change unwanted habits.

Ancient people raised and trained great armies to protect them and fight against invaders, ...but after the threat was over, those same people wanted their armies to just disappear, because their armies and trained commanders became a threat from within, ...but the armies didn't go away, they stayed and frequently became an internal force of destruction. These repeated actions of a society illustrates habitual actions in your life, ...do you suppose it is possible to choose a habit or army of habits wisely? ...and dispose of them when no longer desirable?

You think habitually and act upon those thoughts out of habit, ...in addition, your life and character are portrayed as the interaction of your habits, ...the problem is that you have not chosen your habits wisely or very well. Seeing opposing dualities is a habit, following the concept of cause and effect is a habit, living your language and feelings is a habit, relying on old beliefs is a habit, judgments are habits, ...is there anything on that list of habits you would be willing to be and live forever? ...and have done unto you forever? If your habits are undesirable ...and you seek to change, you will only exchange one habit for another ...and gain little or nothing.

Death and resurrection from moment to moment, or from one life to the next, is an opportunity to truly change or end your habits and live anew ...and thus change your character and be anew, ...but, unfortunately, as a single entity in a single life, you tend to continue old habits until they wear you down

...and then live different habits until they wear you out, ...that's no way to live as you truly desire! It is as though your habits and misbeliefs have taken on a life of their own ...as surely they have! ...and those habits overwhelm you and destroy life as you truly desire. You are not in charge of your life, ...your habits are!

To manage your self and life again, you must serve yourself as you desire in ways that will not rob you of everything you desire. As an illustration, cause and effect keeps you searching endlessly for "right causes" of what you truly desire, such that *what you desire* is sacrificed to cause and effect.

Your life on cause and effect is thoughtlessly habitual ...while life beyond cause and effect is founded on thoughtful preferences, ...are you willing to always be open•honest•intimate out of habit ...or preferences? If you choose habit, maybe because you believe that will enable you to easily be open•honest•intimate, then from habit, you will just as easily give yourself over to anxiety, anger, stress, and depression, ...is that what you want to continue? Would you, as a preference, choose to live a life of anxiety, anger, stress, and depression? ...probably not! ...but you will do this out of habit, ...isn't it about time to reconsider your habits and live your preferences?

You cannot "build" character or the self and life you desire on the back of habits ...only from preferences, ...and do you see the difficulty involved in changing habits ...and the ease of changing preferences? Out of habit, life lives you! ...from preferences, you live life! Out of habit, you do things to gain what you want ...and only gain the habit, not what you truly desire, ...from preference, you offer to life ...and in that offering you are and have as you prefer. If there is anything in your life that is an issue ...or is not as you prefer, you are living old habits.

Do you see that personalbeing•privilegedbeing as a mutually supportive couplet offers you the support and strength and guidance you need? ...and someone to lean on while divesting yourself of old habits? ...or while selecting, developing, and following preferences that serve you as you truly desire? Interacting between personalbeing•privilegedbeing is the pathway *of living as you truly desire all along the way*, ...and is not a royal road to the self and life you truly desire, ...and if you still want choices", build your self and life and character on preferences, especially on preferences you would be and live forever ...and have done to you forever, ...instead of upon habits or right/wrong judgments, and certainly not upon habitual feelings that enslave you, ...are you beginning to understand how preferences free you?

How do you normally sense things? ...do you sense details and then add more details to make up a whole? Doesn't that seriously limit your perceptions? ...and habituate your minding only to what is accumulated and remembered? ...is that any way to be and live as you truly desire? ...could

you not sense and proclaim the whole or eternal pattern of yourself and then add the details you prefer? If you don't believe this is possible or realistic, then you cannot create and be and live the self and life you truly desire.

You always wanted to create and live the self and life you truly desire~which is the self and mind which manifests you~then you immediately defaulted everything to language, cause and effect, and habits ...and trying to perceive things "as they are" ...instead of realizing all things as you truly prefer them to be. To help you understand without defaulting yourself, in perceiving the privilegedbeing aspect of yourself, establish a concept or new eternal idea of yourself ...and then fill in the details you prefer, ...in this, you are not limited by cause and effect or by habits, ..but even in realizing yourself in this way, you should constantly check each piece against the eternal pattern you established, but never lessen one to accommodate the other, ...always expand one to accommodate the other.

You are far-greater than you have habitually realized!