

## Article 426: Feeling Well•Feeling Content –part 4

Though it frequently seems otherwise, you alone create the drama of your life ...and of your personal relationships, ...therefore, if you want to relax from the stress of these dramas, stop creating them. You are the dramastress-queen or master in your life! ...and since you always choose to serve yourself, you created the dramastress as a service to yourself, so why would you now want to relax or meditate your way out of your own creations? Wouldn't it be wiser to understand your dramas and stress ...and what they are all about? ...and why you have chosen to serve yourself in these ways? ...before attempting to relax or meditate them away ...and then continue creating them over and over again?

Relaxing and meditating your dramas and stress away from your brain•body merely leaves them within you ...and in your life untouched, which, after a short period of relief, enables them to continue and expand and intensify, thus requiring even more relaxation and meditation until those activities dominate, control, and limit you, ...is that the self and life you truly desire?

This pattern of stress-meditation, stress-meditation, stress-meditation can only be relieved by going “cold turkey” ...and not creating and repeating your habit of drama and stress, ...are you beginning to understand why brain•body relief will not work while your mind is left unattended on its own? Of course, when dealing with your mind, you will probably experience all of the undesirable symptoms of withdrawal, ...therefore, when these symptoms do not occur, don't stress over them or create new dramas in a futile effort to overcome or meditate them away, for that will only repeat the pattern of drama-stress-meditation all over again.

In addition to all of this, it is too-frequently believed that though things happen to you, it is your attitudes about the events and your responses to them which creates your need to control people and situations. People who believe this, in one form or another, then recommend that you control your attitudes and reactions ...without ever realizing that, as we indicated before, you created the dramas, judged your creations, reacted to the situation in accordance with your attitudes, and then tried to control things around you as a way to deny your mindful creations by blaming and criticizing others and events. Even controlling your stress and drama though meditation is an attempt to deny your creations.

**You are using your mind to create  
what you do not want  
...instead of what you truly desire.**

If after all of this, you still believe you must quiet your mind, you are badly mistaken; ...your mind is always active, for mindfulness IS life, ...therefore, instead of trying to quiet or control your mind, or your dramas

and stress, focus on being and living as you truly desire, so you can *be content* while living fully and actively ...which requires a full and active mind. If you have to meditate, practice yoga, or follow some other ritual to feel alive yet relaxed, or to be completely involved in drama as you truly desire without stressing, then you are not living as you truly desire, ...and you are following these practices in an attempt to relieve or overcome the outpicturing effects of the lifestyle, relationships, dramas, discontent, illnesses, and stresses you are creating and living; ...such practices will *never* bring you what you truly desire, and brain•body treatments will not work either, they will only misdirect you ...and continue your constant dramastress and struggling which you now want to quiet ...or meditate away.

From all this, it is becoming quiet clear that a thought, whether “positive or negative”, is much more than *merely* a thought. Thoughts are intended to be your creativity in action ...and there is no “merely” in that, ...however, in language-thinking, your thoughts are merely memories repeated over and over ...and there is a great deal of “merely” in that. Is a “positive” thought just a thought ...without any real meaning or consequence? Should all such thoughts be ignored ...just as many teachers advise you to ignore negative or stressful thoughts? If thoughts are merely thoughts, they are neither positive nor negative ...nor stressful, ...and if you are to ignore some and enhance others, ...how do you know which to enhance? ...and which to ignore? If you have thoughts of an automobile accident while driving too fast, ...are your thoughts positive or negative? ...or are you merely stressing yourself again? And if you have concerns about your partner and relationship, are these thoughts to be ignored as negative drama? Are anxieties about physical illnesses stressful ...and to be ignored? ...or mediated away?

Never ignore or dismiss any thoughts ...or attempt to meditate them away, for all thoughts are about what you are creating and living; ...actually, since all “things” are thoughts, all thoughts are thinking themselves. In the same way, you are your thoughts ...and your thoughts are you, ...do you really believe you should ignore some aspects of yourself? ...or that you can bring yourself to wellbeing while ignoring or denying your mind? ...or quieting your creative mind away?

**Life is not as strange as the minds that  
live it, study it, and reconstruct it.**

If you have a grand feeling or thought of “supposed to do” ...relative to your body or life, you also have the honesty and courage to clearly question this feeling or thought, for both are mindful aspects of yourself. If this greater mindful sense of yourself won’t stand up to the light of insightful questioning and profound consideration, it is not a reliable guide or honest

offer from yourself to yourself, for honesty never offers dishonesty or offers anything dishonestly ...and it is never compels. This means that even stress and drama, being honest offerings of your mind, are worthy of profound understanding, and are not to be denied, ignored, or meditated away. Whether or not you realize it, you have great promises to live ...and live for, great resources to live from, and great convictions to live by.

**Be content!**