

Article 65: Have You Had Mystical Experiences -part 3

Do you really believe you can release your body and life from your control? ...and that by doing so, your body and life, free of your interference, will quickly resolve problems, heal illnesses, carry burdens, and maintain things in appropriate order and perfect health? ...and provide everything you truly desire? and, in the same way, do you believe, as you are frequently advised to do, that by releasing or not directing your mind and spirit, as in mystical visions and experiences, they will resolve your fears, doubts, and disappointments ...and create the exact enriching self and life of happiness you desire?

If so, if you release your body, mind, spirit, expressions and experiences –possibly through mystical visions and experiences- what are you? ...for you certainly cannot be what you have released. After this releasing, is there a real "you"? And if so, what is that you without your body/mind/spirit and all the expressions of self and experiences you have released? Are you struggling to release yourself and the meaningful aspects which individualize you ...and offer meaning and purpose without confining you? Is this wise?

Can you actually release your ego? ...or release your ego to mystical visions and experiences? Can you release your past or future? ...this present moment? How do you release a fear or doubt? ...a thought or feeling? ...or a single pound of body fat? Can you actually release a pain or illness? ...or a hurt? Is it possible for you to release your love and forgiveness? How? What do you do, or stop doing, to release your love and forgiveness? And if you cannot release any of these things, or even yourself, maybe, just maybe, your only choice is to fully be ...and to live your spiritually mindful body and life exactly as you desire, ...and desire in all ways exactly as you are living. Could it be that life has forever offered this? ...and revealed it to those with the willingness to hear? Can you release or overcome your own nature? If so, with what nature will you use to struggle against your nature?

In discussing *oneness with God, or releasing your self and life to God*, it has often been said, reassuringly so, that this does not mean absorption into a universal self, resulting in the annihilation of your individuality, but that it means being completely immersed within a universal, while maintaining your individual manifestations within that undivided oneness, ...which is the very state, condition, and expression in which you live today. There is no *becoming oneness*, as through mystical visions and experiences, or through grace and salvation, you are living that oneness today through every belief, thought, attitude, emotion, word, and action. You are an unfolding expression of oneness, like the swirls of a

cloud or waves of the ocean, oneness coalesces into each individuality without division or separation.

You are free to choose the self and life you will have, ...and everything in the universe fully supports your choices, ...so choose wisely. Do you have a calm assurance and an abiding trust in the self and life you are creating? Are you willing to adjust your beliefs, thoughts, attitudes, and emotions to fully nourish and convey the self and life you truly desire? Life is as you live it, ...it is not something waiting to *be discovered*; ...and all things in your life are as you live them.

If your self and life are but shadows of what you truly desire, that confirms that *you are standing in the light ...but facing the wrong way*; ...turn around!

If you believe that true and enriching fulfillment, enlightenment, and realization lies beyond the satisfaction and advancement of physical desires, ...have you ever asked, possibly through mystical visions and experiences, what constitutes this true state of being? If not, ...why not? And if you have inquired into true, enriching states of being, ...are you living them? ...or have you trapped yourself in advancing and satisfying your mundane desires? Why is that? ...for certainly your beliefs and desires cannot be wiser than you are. Could it be that, actually, you do not believe that true and enriching fulfillment, enrichment, and realization does lie beyond the advancement and satisfaction of material desires? ...or could it be that these true, enriching states exist as, and are revealed in, all that is physical?

"Gaining" does not depend upon your being an enlightened receiver of truth, ...for the universe can only give you what you offer, and as you offer; therefore, if you want a life of happiness and increased consciousness, a life of growth and ever-expanding awareness, or a life of enriching fulfillment, then you must live these, or give them away, ...which reveals that you possess happiness, increased consciousness, expanding awareness, and enriching fulfillment. You are truly a mystical expression, ...offer that to all whom you meet, ...for you are not in the universe gaining your desires, the universe is within you ...emergently fulfilling your desires.

Does your thinking lead your mind to oneness and enriching beliefs ...or to separation and doubt? Does your thinking tend toward awareness and understanding in oneness? ...toward unlimited beliefs and self-realization? ...toward visions and feelings and attitudes of oneness? Change your beliefs, thoughts, and attitudes from fear, doubt, and separation to ones of confidence, enthusiasm, and oneness ...which are

the building-blocks of the enriching fulfillment and mystical visions, life, and experiences you desire.

Are you willing to free yourself from the bondage of separate "causes and cures and dependencies", ...whether physical, mental, or spiritual? ...and receive, a mystical vision, experience, or feeling, and follow the extraordinary revelations and guidance of the universe within you and all around you?

Genes are the pattern or blueprint of your self and life; beliefs are the building blocks; emotions nourish and enrich those beliefs; attitudes provide the environment of your lifeseif; hormones offer physical guidance and control; mind provides meaning and purpose ...and, as a feedback loop, creates non-physical guidance and control; and mystical visions and expressions reveal the truth of your self and life.

Mystical visions and experiences are everywhere; ...what to one person is a miracle and an enlightened vision/experience/feeling, is to another ordinary, ...which self and life are you creating and living?

If you are not living and offering yourself as a mystical vision and experience to all whom you meet, and in everything you do, you are absent from your own life. Mystical visions and experiences do not attach themselves to you, you choose this way of life, ...or are you waiting to be cleansed of fear, doubt, and burdens before you will open yourself to the oneness and goodness of all things? If you are waiting to live your mystical visions and feelings, remember the Chinese proverb that says:

If you stand with your mouth open
waiting for a roasted duck to fly in,
you will wait a very long time.