

Article 75: "Coffee and Muffins"

Some time ago, we indicated that setting goals "out there" to fulfill or attain to is always destructive, simply because, in this, you have set the "absence of this goal" on your selfimage; to achieve these goals, you will judge all actions, events, and circumstances presumably leading toward fulfilling these goals as "good" ...and other things as "bad"; not having these goals limits and thus destroys your free will; and you create an unempowered selfimage, "lacking" what you desire, struggling to attain these goals.

For instance, a goal *to gain love through a loving relationship* maintains a selfimage without love trying to find an acceptable relationship within which you can get and give love. In this you deny or restrict your own love; you limit your giving and receiving love; you destroy your free will by denying love and not having a loving relationship to give to and get from; you constantly judge possible individuals, their love, and their ability to create and participate in a desirable loving relationship as good/or bad; and you judge your own and others' actions as right/wrong, ...all of which continues your blinding judgments, constant struggles, and lacking selfimage.

Though "setting goals" is intended to strengthen and empower you, all such actions work *against* you by your acknowledging what you believe you are not and do not have.

To resolve these problems, we suggested expanding your selfimage as *being a loving individual*. Now, if you, as a loving individual seek a personal relationship, that's okay, but none of this denies your being loving, limits your offering love, or sets any need to judge, ...you merely continue living your love and, in that, attract loving relationships from which to choose. In this, you ARE your choices, ...which is different than living your choices and goals. Also, since you are your choices, you are immediately empowered, ...while, by setting goals that you "are not", you weaken or depower yourself.

In response to our comments, it was obvious that some people did not clearly see and understand this vital difference between "struggling to cause your choices and goals", "living your choices and goals", and "being your choices and goals". following is our response:

Do you accept that you ARE your expressions? ...or do you insist that, because of our language structure (subject/verb/object), you are someone doing something? Remember, your TRUE self and life is "not what" you do, but how you "feel" about everything you do. Obviously, you do not live on the inside (in mind and essence), for instance, the physical coffee and muffin you eat every morning, you live how you "feel about the coffee and muffin". Actually, you eat these things just for these feelings.

Another example: As I write this letter, our language structure says that I (subject) write (verb) letter (object or expression), that I (subject) am

different than the letter (object or expression), that I am not the letter ...and the letter is not me. And people who believe this will insist that the physical letter is certainly not the physical me (I could argue against even this, but won't). But what I'm speaking of, and what we all truly living (in the mind and senses) is the "essence/spirit/feeling" of I and letter, not so much the physical I and letter. In essence, I and letter are one and the same: I am the letter and the letter is me; I write the letter and the letter writes me; I am what I write and what I write "simultaneously" writes me; what I say says me; how I feel about what I write feels me.

If you don't understand "how I feel feels me", consider this: I cannot feel happy, mad, glad, or sad about what I write without feeling happy, mad, glad, or sad. See? ...it is simultaneously "both ways".

Now, back to the muffin and coffee. You have these each morning for the "taste", the caffeine "lift", the "energy" offered in calories, and how you "feel" afterwards. In essence, we would say that you didn't have the physical muffin and coffee, you had non-physical "taste, lift, energy, and feeling". In other words, the physical muffin and coffee are only "vehicles" for getting, in essence, what you "really want". The physical you did not want the physical muffin and coffee; the essence you wanted the essence "taste, lift, energy, and feeling". The physical/essence are simultaneously one, but the language structure only speaks of the physical, for instance:

Back to "I write letter", the language of subject (I) verb (write) object (letter) only refers to the observable physical ...and ignores the truth or real life in essence. And because of this structure, you base your whole life on "I do something", when, in essence, the truth is that the physical is only the "vehicle", and I/something" are simultaneously ONE. You don't do things, you are the things you do.

That said, "you don't live your physical choices to cause desired physical outcomes", you/choices/desired outcomes (even if they don't come about)/feelings are simultaneously "one and the same". We don't mean that you/choices/desired outcomes/feelings are different things all joined together, we mean that, as "in essence I am the letter and the letter is me" and "in physical I and the letter are different but joined", "in essence you are your choices/desired outcomes/feelings and they are you". There is no joined-separation or difference in essence ...where you truly live. Separation and differences only "seem" to occur in the physical because of your judgments, false seeings, and misleading language structure.

Regardless of appearance, like "coffee and muffin" and "I and letter", you don't live these appearance, you live the truth/essence/oneness of all things. So, you have the physical of separate "things" created by language and judgments, which language makes you "think" you are living, in the midst of the essence or spirit of oneness, which awareness lets you

"sense" is the truth of what you are living. Are you beginning to see and understand the conflicts between "what you think (judge) you are living" and "the truth of what you sense (absent judgment) you are living"?

Okay, now to choices: In the physical, you think (judge) you are living your choices to create desired outcomes, and to empower yourself in this, you will say, for instance, "you are freely living your choices", or "you have the free will to live your choices", or "you take responsibility for your choices" or "you understand your feelings about choices and outcomes", but none of this is the truth of what you are living, for, in essence (without judgment) "you are your choices/desired outcomes and they are you". In other words, in physical it seems you make and live choices and outcomes, while in essence (where you truly live) you ARE your choices and outcomes.

That all said, do not take responsibility for your choices and desired outcomes, put those choices and outcomes onto your selfimage and be them and wear them, ...for that is the truth in essence you are being and living. Doing, living, understanding, feeling, being responsible for choices and desired outcomes keeps you forever judging to find the "right" choices and outcomes for your separate doing and living and understanding and feeling and being responsible for. Placing your choices and desired outcomes on yourself --on your selfimage-- makes them all one you: You are/are being your choices/desired outcomes.

Since being and living are one, there is no living to create or be or become, you are/live your choices/desired outcomes. And since this is simultaneous, no judgments are needed or necessary, in fact, judgments only blind you to the truth of your "being" your choices/desired outcomes, so, in the blindness of judgments, you continue to struggle with and against your choices and desired outcomes in a wasted effort to "become your desired outcome", ...but, since "you are struggling to become", "you are and your being/life is only a struggle to become", or to get, achieve, or attain to what your judgments say you want to be/become. And in that you deny the truth of yourself. Does any of this make any sense?

By choosing and living exactly as you desire at every moment, you are those choices exactly as you desire. And since you are wise enough to realize that in doing/living this in every moment, you ARE what/as you desire, there is no reason to judge to become what you desire; in fact, judgments have no meaning or use at all, ...but, being uncertain about our words and your own wisdom, you will continue judging, ...won't you? ...and in that, you are not only your struggle but "you are your judgments" as well. Hasn't that been the case in your life? You struggle to become, judge your struggles, and your life becomes your "struggling judgments!"

Is that what you want to continue?

