

Article 76: Unwelcome Guests! part 1

Contrary to what you may believe, diseases, hurts, sicknesses, discomforts, and other forms of unwellness, all of which indicate a conflict with or loss of your desired wellbeing, do not attach themselves to you, you live these with every belief, thought, attitude, emotion, word, and action ...and continue them as patterns, often until they become the environment of and unwelcome disturbances and illnesses in your mind and life, ...but unwellness is a moment-by-moment choice, it does not come from previous attitudes and experiences, from others or familial tendencies, from pathogens or the environment, from genes or body weaknesses, from spirit, or from unbalanced or disharmonious energies, ...you alone are the creator and sustainer of this lack of wellbeing!

It is your mindful inertia that chooses to endlessly re-create and live the same or similar beliefs, thoughts, attitudes, emotions, words, and actions, ...and the same or similar illnesses and discomforts. Instead of creating and living sustaining and enriching patterns with equal ease and lifeself-enhancing results, you alone deny and withhold your ever-growing emergentlifeself of wellbeing ...and hold tightly onto and repeat old beliefs, thoughts, attitudes, emotions, words, and actions, ...even though they have failed to serve your desires.

**You have an ever-creative mind,
use it!**

You are a spiritual being right now-a physically mindful spiritual being-you are not evolving into this state of being, ...and, as such, you are creating your spiritual being and life with every physical aspect of your self and life. You will not "overcome" your physical choices and actions in spirit, ...you will continue living them. Are you waiting for your spirit or the people around you to be cleansed of fear, doubt, anguish, hurts and illnesses before you will open yourself? For you, a wondrous life of happiness and wellbeing does not begin with others or the environment around you, it begins with you, ...and it awaits your beginning.

Reconsider your beliefs!

Do you find it difficult to know and image yourself in ways other than through trials, burdens, struggles, and illnesses? Depression, anxiety, and stress, all of which are self-created and maintained, interfere with your body's immune system, while your emergentlifeself of wellbeing usually happens while you are busy living as you truly desire. If you believe that your body encloses your soul and keeps it imprisoned until it purges itself of faults and sins, then you will struggle endlessly to free yourself of your

body and physical life ...and entrap your self and soul in those struggles as well.

Though illnesses, hurts, and desires may have a purpose in life, nothing reveals what their purpose is, or even suggests that their purpose may be similar to the meaning and purpose you desire or have set for your lifeseff. Could that mean that illnesses, hurts, and diseases, and the universe that supports them, are acting against you or are indifferent to you? ...or could it be that they all act to serve some purpose or aspect of your self and life? What could that purpose or aspect be? Is it necessary for you to be constantly reminded of what you already know?

Do you really believe that God, the universe, and illnesses, hurts, and diseases are creating burdens to test you, judging and punishing you, and teaching you lessons? If so, since you and unwellness are all aspects of God and his universe, then God is testing and judging and punishing himself ...and teaching himself a lesson, ...does this make any real sense to you? Are you unwilling to accept that God, the universe, and all illnesses · hurts· diseases are fully and unconditionally supporting you and your choices?

God and the universe exist and act beyond the limitations of meaning purpose ...in the realm of unconditional love without meaning, purpose, or judgment, so you can freely live as you choose; ...what might your illnesses, hurts, and diseases be revealing about the meaning, purpose, and judgments you have been choosing and living? Have you really chosen harmful beliefs, thoughts, attitudes, emotions, and behaviors to please and fulfill yourself? ...or were you struggling to avoid or escape from what you do not want? Considering your unhappiness and lack of wellbeing, is it wise to continue those beliefs and choices ...and ways of life? Stop searching for meaning and purpose in your life, ...live it!

It seems that by searching for a "higher" meaning and purpose to life than your daily burdens and struggles, and your self-created conflicts and difficulties, ...and by feeling you must follow and serve that "higher" meaning and purpose, you have failed to see and understand that God, the universe, and lack of wellbeing fully and unconditionally protect and serve you; ...it cannot be any other way! Are you willing to let reason and understanding carry you as far as they can in revealing the goodness and benevolence of all things? ...or will you continue running away ...seeking a familiar place to hide from your feelings and emotions? You will never be comfortable or at ease by hiding in judgments, illnesses, hurts, and diseases, ...or in other forms of unwellness or emotional distress.

As an unconditionally loving god would not judge you, and in fact **cannot judge you**, there can be no trials or lessons in life, or in illnesses· hurts· diseases, so do not treat undesirable events and situations as conditions you must silently endure or run from. Illnesses, hurts, diseases, and undesirable events are not judging you, but they are inconvenient. Could it be that your beliefs and selfimages are too "fixed" to live a flexible, ever-responsive self and life easily ...and with confidence? Have you closed yourself into rigid, hurtful, diseased ways of believing and thinking and seeing? ...and similar ways of living and responding? Do you feel deeply within you that something in your beliefs and feelings and ways is fundamentally "wrong" or inappropriate, ...but you do not know what that is? Could it be your judgments?

Many healers declare that to heal yourself, you must see life as it truly is, balance and harmonize your spirit and vitality to life around you, and recognize that you cannot control events and conditions. If true, then this alone is enough for you to recognize that life and lack of wellbeing cannot, in any way, be testing and judging you. And if you have control, then life cannot judge you.