

## Article 201: Is Duality Necessary For Understanding? – part 2

Things or events which are hot or cold, moving up or down, in motion or at rest, offer right or wrong answers, or are loving or unloving all occur in the environment of space-time, but space does not seem to affect either the occurrence or the outcome ...or even the knowing, ...but time is a different matter entirely, for time, as a measure of change, is an active force or aspect which enables you to know all things self-referentially~in oneness~without creating a “paradox” or unknowable. For example, your being hot in this moment can be clearly known relative to a previous greater or lesser hot, ...and up, motion, right, and love can be understood relative to a prior condition of up, motion, right, or love, ...and no opposite or “other” relative is required ...or even desirable *This is self-referential knowing in oneness*. By adding time, the endless circularity of self-reference which creates a closed unanswerable system is open-ended and understandable.

In the same way, you can know yourself self-referentially relative to a previous self, ..not relative to others or to a “not-you”.

From this, it is obvious that time enables you to know yourself and all-things self-referentially in the oneness of your youniverse without the confusion and errors of duality, opposites, and faulty comparisons ...and certainly without judgments or paradoxes ...or butting up against things.

Know yourself only relative to yourself!

...for nothing else matters in your youniverse anyway.

Can all of this really be true? Is true knowing only in and of the past? ...or relative to the past? What about those who tell you to “release what is done”, “forget the past”, or “live in the moment”, ...are they wrong? First of all, you cannot release or forget the past, for your past will always be with you ...and within you, but, of course, you don’t have to dwell on the past or continually relive what was undesirable, you can understand and move on. Trying to release or forget the past is releasing or forgetting your knowing, ...does that seem wise?

But ...is true knowing only in and of the past? Well, obviously, you cannot know of or know in an “unarrived future” or in a “moment without any expansiveness” which only offers an unknown or immeasurable speck of time for knowing, ...but the past offers a broad, expansive, observable and measurable knowing.

The past is a fertile field of knowing.

Ohh, certainly this knowing is past ...and of the past, but you only have to move a very short distance away from the present moment to be in the past, ...you are not required to know in the dark faraway past, for knowing in and of the past by the light of this moment will do nicely. Then, if the pattern of this knowing is continued steadily~as in the past~then all past knowing can be extended into the present moment and beyond ...into the future; ...and, of course, if undesirable knowing or matters are changed in the moment, your knowing and life will expand accordingly.

*All knowing is in and of the past* must be true simply because you cannot know something that does not exist, ...and if it does exist, your knowing of that “existing thing” is in the past of its coming into existence.

You only know what you were  
...and you can project that forward to realize  
what you are ...and what you will be.  
Do not forsake your knowing past!

By attempting to release, deny, resolve or overcome, or forgive and forget your past, you forsake your knowing; ...and of course, this doesn't mean to repeat the past or continue undesirable aspects of the past, it means to know yourself from the past and create this moment and the future as you truly desire.

All knowing is ...and must be  
Self-referential in time's oneness!

And to those who forsake self and seek knowing through enlightenment or universal consciousness we say: You and universal consciousness, both being universal, are obviously you in your world. You are self-aware through every uniqueness which appears as a different object of the observing you, yet the object is the observing you.

Maintain your all-knowing, self-referential self!