

Article 202: Something About Some Things – part 1

1. Existence is for the timid ...life is for the courageous. Are you living passionately? ...or are you fearful of being overwhelmed by passion ...with life out of control? Is television your substitute for living passionately? ..especially the “soups” and “reality programs?” ...or sports and adventure shows? Is your everyday life exciting ...or just bearable? Are you waiting for passion to come your way? Is it possible that since you’ve resisted living passionately, that if passion does come to you, you won’t recognize it? ...or you will continue resisting? Are your deepest passions buried too deep? If you have ever disliked someone or something with a passion ...or passionately loved an individual who was not interested, maybe, for you, passion is a negative or undesirable emotion which you are fearful of arousing ...again.
2. If you believe you grow from painful experiences, you will continue creating painful experiences from which to grow. If you do not grow from painful experiences, why do you continue creating them? It seems you are perpetrating painful experiences ...not growth,...what might that be revealing?
3. Is grief natural? ...and is it wise to express your grief? How about self-pity, ...is that natural? ...and is it wise to express your self-pity? Do you realize that grief is self-pity? ...for if you grieve over the loss of a friend or family member, you are actually self-pitying about your loss, ...so, do you still believe it is wise and rational to express your grief? It seems you want others to sympathize with you ...and agree with your self-pitying, ...is that wise? And are those the friends you truly desire? You must realize that self-pity is not “healing”, ...and neither is grief. The tendency toward self-pity, once awakened, seldom passes.
4. As you grow older ...you should grow wiser, yet your health grows weaker, ...does this mean that health and wisdom are not connected? ...that they are connected in reverse? ...or that as you grow older ...you are not wise? Maybe your wisdom is seeing the judgment-games you you’ve been playing for so long but can’t or won’t stop ...and that’s what’s weakening your health. Judgments are a terribly self-distinctive game, ...in fact, though it seems otherwise, judgments are self-pity in action; ...think carefully about this!
5. Though you are “programmed for survival”, your ways of surviving are killing you.

6. Are you afraid of what others think of you? You shouldn't be, ...in fact, what others think of you is none of your business ...but you'll continue wasting time and energy every day trying to defend and justify your beliefs and actions, ...won't you? Anything you have to justify isn't worth justifying.
7. Revisiting old feelings which you believe need attention so they can be resolved or released seems so "right" ...but this is like cleaning out your refrigerator and tasting every leftover in a covered dish ...even those covered with a green substance, ...do you really believe this is the thing to do?
8. Do you really believe it is possible to use any judgment properly ...or misuse wisdom?
9. Is it easy for you to determine when you are emotionally hurting, to speak about your feelings, and to know what you are hurting about? Maybe you don't know yourself very well ...or as clearly as you thought you did; ...after all these years living in the same skin with yourself, ...what else have you missed?
10. It is obvious and easy to deal with life and events or relationships when they are going around in vicious circles, ...what is not so easy is dealing with those same situations when everything seems so normal.
11. Have you really listened to yourself and others lately? As judgments distort your view ...and your point-of-view, they also bring about complete deafness.
12. Do not believe any *trash talk* which declares, in any form, that "suffering has a place in God's plan ...to set you on a spiritual path of repentance and right living." Have you unknowingly aggrandized, worshiped, and been faithful to suffering? No? Then please write and explain how you can judge yourself to happiness and wellbeing, ...and living your self and life as you truly desire. Judgments not only reveal your suffering ...they are your suffering.
13. Whether you call it discrimination, moral rightness, evaluation, or "telling it like it is", you are judging, ...and judgments are the root of all suffering and evil. Do you love your judgments? If your judgments are so "right and good" ...why do you so-frequently conceal and deny your judgments ...and find it so difficult to defend them ...and uphold them? Why not flaunt your righteous judgments? Could it be that they are not appropriate? What other "evils" are you covering up?

14. It is frequently declared that “emotions are normal healthy reactions”, and you probably agree with this without realizing that, since reactions are responses to judgments, you are agreeing that “emotions are normal healthy judgments”. Do you still agree? It’s important to know what you believe and agree with, for though judgments are normal, no judgment is healthy.