

Article 231: Changing Your Livingself -part 2

4. Do you believe that changing is discomfoting? Yes No

You probably believe that changing is so normal and natural that you change every day without even knowing it, ...don't you? But these changes are ordinary alterations and conversions of your self and life, the changes we are referring to are the ones you want to make, or believe you should make, in your self and life and habits, ...those are the changes that are difficult and discomfoting, ...aren't they? ...and if they are not difficult and discomfoting, why haven't you lost weight, lessened your anger and become loving, stopped procrastinating, and met all the other little promises you made to yourself? It's because making these changes is difficult and discomfoting isn't it? Well, let's consider this next question.

5. Do you feel that you and your life are wrong? Yes No

Of course not! Ohh ...there probably are some personal changes you'd like to make in your attitudes, emotions, words, and actions ...and maybe in your health, income, relationships, and lifestyle, but you certainly don't feel that you and your life are "wrong", ...do you? And you've made mistakes and inappropriate decisions, ...haven't you? ...and you don't like or accept everything in your life, ...do you? But these things do not make you and your life wrong! ...do they? ...then why do you want these things to change? Maybe something is severely wrong.

6. If you were to change something in your self and life, ...would you change (A) what is right and acceptable ...or (B) what is wrong? A B

Obviously, you would change problems and things that are wrong, ...wouldn't you? You wouldn't waste time and energy trying to change things that are right and acceptable, ...now would you? You have enough to do and be concerned about without engaging in a difficult, discomfoting struggle to change what is right and acceptable. Well, let's we'll see if this is a wise decision.

*Are you too busy to live
the livingself you truly desire?*

7. Do you understand that you can only change what you accept?

Some people have interpreted this statement to mean that *you have finally gotten to the point of “accepting” that something must be done*, ...but we mean that you must accept *what* you are changing ...it is not a matter of accepting that changes should be made ...or that you are finally going to change your life ...or some aspect of yourself and your desires. Consider the following examples: If you want to *stop judging*, it makes no sense to begin by judging that *judging is bad*, it is wiser to accept judging ...but you don't desire to judge: ...declare that you are willing to be in the world of judgments without being of that world. Besides, if you believe that judging is wrong or unacceptable, instead of ending your judgments, you will constantly judge to see if you are judging ...and, as a consequence, you will continue judging. If you attempt to end your anger because anger is wrong or not acceptable, you will have the same difficulties as we indicated with judging your judgments.

Now, let's consider losing weight or not smoking: If you consider that smoking or being overweight is *not acceptable*, then you, the one who is smoking or overeating, are not acceptable; ...do you understand what that does to your selfimage and mind-set for enduring the difficulties and discomforts of not smoking or overeating? Besides, you are probably not making these changes because you want to, you are fighting against these problems because you have to ...or feel you should, ...there's not likely to be much success in such situations, ...is there?

So, let's consider how far we have come. You believe you should deal with yourself and control yourself ...and not attempt to control others in your outer world, yet your outer world is your inner-world ...and your inner-self is your outer-self. You probably believe that the changes we are speaking of are difficult and discomforting to make, so you want extraordinary results to make the effort worth the price, but as you change, you will find your emerging “new self” is so normal and natural that you may find it difficult to change, ...remember all the time you tried to change your attitudes and emotions about someone or something? ...or tried to stay on your diet? Well, that's okay ...because you didn't really think your old ways were all that bad, ...did you? Ohh, they were annoying ...but certainly not wrong, ...and if these habits were not really wrong, why struggle to change them, ...right? ...but you can't except them either, ...can you? But, that's all right, things aren't too bad ...yet.

8. Do you understand that you won't normally make personal or life changes until forced to do so by sickness, grief or sadness,

failure, lousy relationships, money problems, undesirable conditions and circumstances, or other difficulties? Yes No

What are you waiting for? ...for matters to get even worse? ...until everything goes wrong? Are you trying to “force” yourself to change? Is that really necessary? Remember, if you don’t really want to change, you won’t succeed, ..so let’s see if we can offer a little encouragement with the following words: change is not a loss or lessening ...and it does not indicate that you have been wrong, ...change is an expansion, for by changing ...you put more options and opportunities into your life. For instance, by not judging or getting angry, you free yourself for many other responses in similar situations ...which offers you benefits you may not have experienced or dreamed of before. The same is true of not smoking or over-eating, ...and besides, you’ll save serious money ...to be used for other purposes and less-harmful desires. Don’t wait too long!

I llness is a time to reflect upon
what is driving you.