

Article 245: Twisted Narratives -part 4

To raise and expand your self and life through connections, you must build upon valid information, not on improper reasonings and understandings ...or upon false and misleading beliefs, experiences, and feelings created by your dichotomy language. Life and experiences are filled with truly valuable and enriching information, but you must get out of your language-life “as usual” to find it ...and understand it. The key to connections is constantly adding, expanding, and intermixing them ...and applying them to your everyday life. Do you have some ideas or desires in your life today which you are ignoring or setting aside? Is it time to reconsider them? Is it possible that you are trapped in narrow ways of thinking and believing? Are you willing to let go of your dichotomy language and assumptions?

Is it possible that you are lost in your own life? Are you focused on daily problems and pressing needs ...and barely managing things? Do matters seem out-of-control ...such that you are barely keeping your head above the flood of needs ...and requirements which seem to constantly demand your time and energy?

Centuries ago (c.535-475 B.C.) Heraclites, a Greek philosopher whose teachings have a great influence on our beliefs today, taught that there is no permanent reality except the reality of change ...and any sense of permanence is an illusion of the senses. He taught that all things carry their opposites within them ...and that you cannot grasp the concept of *hot* without *cold*, *good* without *bad*, or *fast* without *slow*, for only through opposites are you informed of someone's true nature, ...in fact, he declared, you cannot even know or appreciate something until you experience and understand its opposite. Was Heraclites correct?

Well, it certainly seems that this is true in an ever-changing universe ...but since these are only appearance-changes while the underlying nature remains the same, it is reasonable to declare that *this is an ever-changing non-changing world*. And as for his belief that all things are composed of opposites ...or carry their opposites within them, and that you cannot know or be informed about a thing such as *hot* without knowing *cold*, ...then you cannot know *cold* without first knowing *hot*. All such teachings are the foolish traps of your dichotomy language, ...besides, if all things actually carry “their opposites” within them, then everything is complete within itself ...and can be known as that completeness. Dividing something into opposing halves is like emptying out half a glass of water as a way to know the nature of a full glass. It seems that Heraclites was not so wise after all, ...but, unfortunately, his ideas have persisted for 2500

years ...and you are struggling with them today, ...and of your confusion and unhappiness. All such concepts are found in your dichotomylanguage ...not in the universe, ...and constantly resisting and struggling against such false, contradictory opposites is the true source of your problems and stress and illnesses today.

Are you living old opposing language scripts which have been passed down to you? You don't have to live them ...you know!? It's not your responsibility to continue old, false beliefs merely because they are ancient or long-standing ...or because it is traditional to live them, ...you can abandon them and begin writing the story of life you truly desire, ...and we advise you to begin by rewriting Heraclites' false words about opposing opposites. Then, after relieving yourself of those burdensome beliefs, you can insightfully examine and reconsider your most-profound values and desires ...and realize that you can truly live them without the universe extracting a price or penalty through fearsome opposites. Your self and life today are not as you desire, they reveal the ancient dichotomylanguage you have continued without thought, the situations and conditions you have deferred to ...also without any real thought or deep consideration, and the passionate desires you have forsaken. You can live your true desires instead of others' limited teachings carried on for centuries ...and carelessly handed to you through language.

Are you beginning to understand how your language of contradictions and opposing opposites destroys your sense of security ...and intensifies your feelings of vulnerability and desire for control? How can you possibly find any reliable guidance or true sense of self while living, believing in, and applying such an unreliable way of thinking, believing, experiencing, and communicating? Your true nature and real identity are lost in such a language ...which opposes the very principle you devise to live, and which destroys all true wisdom and understanding as it is thought and expressed. Your language does not expose judgments and false beliefs, it creates and embraces them. Your language governs and limits your personal empowerment ...and compels you to make endless contradictory choices which lead nowhere ...and then forces you to struggle against those deeply embedded habits.

Your dichotomylanguage destroys all desirable and reliable frames of reference by putting them into a state of endless opposition and confusion ...and ineffectiveness. Your language creates a double standard for everything ...and no standard for anything, but, of course, you don't really believe this ...or most of the other things we've said, so we

have prepared a few dichotomy language-correct yet baffling examples for you to consider.

You Deserve the Finest

It has long been taught that you will get fine rewards if you set fine goals and attain them, but today you are told that it is not what you do in life which is important ...it is your intentions behind your actions which are vital. Now, like most people, since you dislike setting and fulfilling great goals ...but certainly enjoy reaping grand rewards, you have decided to follow the current advice and create a sincere intention to set great, spiritual goals and attain them, but, since you know you won't actually fulfill these goals, you cannot even form a sincere intention to do so, ...thus the rewards will elude you.

What are you filling your mind and life with?

If you are determined enough to set sincere, spiritual intentions ...and you know you will not follow your determination and do that, then you are not free to set or not set those sincere intentions, whether spiritual or mundane, ...therefore, your intentions will not be sincere. It seems that foreknowledge of free actions, destroys free actions and sincerity, ...yet, you constantly judge in an effort to predetermine the rewards you will gain from any action or intention. In this, your efforts are fruitless and self-defeating ...and can certainly lessen you instead of rewarding you as you desire.

Visualize life as you truly desire it to be.

Change your beliefs about goals and your attitudes about the future ...and see what a tremendous difference this makes in the way you feel right now about your self and life, ...this will also open many new awarenesses and opportunities. Setting goals and seeking rewards reveals you believe that life has not been responding all along. Are you willing to have new rewards? No matter how sincere or spiritual they are, intentions are insufficient ...unless you are willing to accept "intended rewards".

False beliefs defeat you.

Are your goals, intentions, and actions in accord with your deepest desires, or are they at odds with and acting contrary to the life you truly desire? Look carefully at your goals and expected rewards, for they are you, ...is this the way you want to present yourself and be known? Are you living your rewards? ...or living to avoid pain and disappointment?

You are your own reward!

Unreasonable Reasoning

If you play the lottery ...this is for you! Considering the millions of tickets sold for each drawing, since only one number can win, it is reasonable to declare that your number will not win, ...and since this can be said of every number, it is just as reasonable to declare that no number will win, yet you know that one number will win, which means that your reasoning is unreasonable, ...therefore, to feel that your ticket will win, you must also believe that all other tickets will lose, ...but you don't believe that, ...do you? ...you believe that your ticket ...and yours alone will win.

What's wrong with that?

Nothing is wrong with that, except that it is just as reasonable to feel the same about every other ticket ...that every other ticket will win, so you cannot win. It seems that to believe you will win, you must simultaneously believe that everyone else will lose ...yet it is equally reasonable to believe that every other number will win, so you cannot win. To believe you will win, you must believe you will lose.

That's foolish!

But not as foolish as playing the lottery, for, since you feel equally that you can win ...and you cannot win, and your reasoning here seems to show that no number will win, ...why did you waste money on buying a ticket?

Stop buying into win/lose beliefs and ways.

Unlike this only-one-can-win-lottery, everything in the universe exists for the good of every other part, which means that, contrary to your beliefs, all things are good ...and everyone is a winner. Stop feeling sorry for yourself, for even if you lose ...you win.

Are you willing to live fully and freely?

How might it be that your life and actions are like this lottery? Do you feel you must win ...but can't win? What other win/lose matters are you concerned about? Isn't win/lose the same as good/bad? Are you willing to end the unresolvable conflict in every area of your life?

Life is not win/lose!

