

## Article 253: Buddhism Messes With Your Mind -Part1

Buddhism states that your experiences arise from an extremely complex pattern of causes and conditions ...and that peace of mind begins in your realizing this “truth” instead of continuing to believe, for instance, that happiness and grief have single causes. We are pretty certain that most people agree with the belief that no *single* thing to attain to, achieve, possess, or release will ever cause happiness or a sense of fulfillment, yet, unfortunately those same individuals usually feel that a single loss~such as a death, breakdown of a relationship, ending a position of effectiveness or influence, deterioration of health and wellbeing by injury or disease ...or by a sudden reversal of wealth or security~can certainly “cause” sadness or grief. Then, having experienced such *instant* losses in many different forms ...and the resultant sorrow and anguish, the memories and emotions of these experiences are far-stronger than any belief in complex causes and conditions, for people can certainly point to experiences that are simple, direct causes of undesirable attitudes and feelings, ...therefore, they reason~quietly and covertly we might add~there must also be simple causes for creating joy and happiness.

Buddhists suggest that training your mind to see and understand the complex causes and conditions of things will help you change your behaviors, attitudes, and emotions. It seems that while directing you to “abandon evil-doing and practice virtue” ...such “truth teachings” trap you in an endless tangle of incorrect beliefs and misunderstandings ...which you are then “accused” of creating and maintaining through ignorance and a false ego, ...but we are getting ahead of things, so let’s consider, profoundly so, several assumed “basic or revealed Buddhist truths”.

**All things are caused.** Nothing is or ever has been caused, ...or if it has been caused, you do not know and cannot know the cause of anything, ...however, you can clearly, directly, fulfillingly, and emergently create and live the self and life that you truly desire. Now isn’t that more-encouraging than falsely declaring that “all things arise from an extremely complex pattern of causes and conditions [which you cannot possibly know or understand]”...and which your ego-mind “distorts and obscures”?

Instead of struggling against or forsaking their mind, or creating a false Buddha mind, Forever Living Companions apply their mind to see and understand how the universe, and their own world in particular, really exists and operates, ...sooo, while a Buddhist would advise you to avoid even the smallest negative action or ...evil and offer only good actions and positive attitudes, Forever Living Companions are fully focused on *living as they truly desire*, which is free will, enrichment, and pure joy, ...for,

after all, if you do not have the free will to live as you truly desire, then your life is, in all instances, meaningless and unenriching.

Now that you have read this far into this Article, and maybe into Forever Living, you might be wondering why we are *pointing fingers at Buddhism* ...because you are not a Buddhist and don't agree with their beliefs ...or don't even know their teachings, ...therefore, we will offer you a short history lesson ...and review some basic Buddhist beliefs. Buddhism was founded in opposition to the chaste-system of Hinduism which bound people in segregated misery and suffering, ...Christianity was founded in opposition to many Buddhist beliefs and teachings, ...Islam was founded in opposition to Christianity, ...and your life is founded on struggling against all of these beliefs and teachings ...simply because, though you don't know specifically what is "wrong", you sense they are not working for you. All beliefs, religions, and teachings today, in one form or another, either created beliefs for Buddhism or are founded on Buddhist beliefs, ...few basic beliefs have changed through the centuries.

Each of these religions and teachings, though claiming to be new and entirely different, was actually founded upon opposing preceding beliefs and principles as carried in the basic structure of language, ...and through language, these false beliefs and principles were carried into and controlled the new religions and teachings; ...and through language, you continue these same mistaken beliefs today. For example, the incorrect beliefs in *opposing dualities such a good and evil, cause and effect, truth/untruth, and the separation and difference between subject and action and object*, being built into the form and structure of all languages, have been carried into every religion and teaching today, ...and these incorrect beliefs control and limit every belief and action, impose upon and restrict your view of the universe and life, and stir every undesirable and unwanted feeling within you.

### [What you struggle against controls you!](#)

We are not struggling against these ancient misbeliefs, we are pointing out what might, through previous lives, be keeping you from living meaningfully, enrichingly, and fulfillingly today as you truly desire ...so let's continue, ...but carefully observe the duality language through which we must communicate.

Believing in causes, a Buddhist would indicate that whatever you said and did as a child ...and the conditions of your upbringing cause the success and happiness or misery and failure you bring to old age and experience; ...and this belief is expanded to declare that what you do in

this life determines the joy and suffering in your next life. This is the belief in karma ...or cause and effect, which, if carefully understood, destroys all free will, for, according to this belief, you are constantly being rewarded or punished from an unknown past ...which keeps you from living as you truly desire today simply because, by Buddhist standards, an action is considered bad or evil if it results in suffering ...and it is appropriate or right if it results in goodness or happiness; ...Buddhists judge an action by whether it leads to joy or grief, ...but how do you choose an action based only on what it leads to? ...for you cannot know this! You must choose and act today based on this moment ...not on some presumptions about an unknown future; ...besides in a Buddhist world of “complex causes and conditions”, can you ever know what part your action played in the resulting conditions? ...therefore, to resolve this last uncertainty, Buddhists declare that everything depends on the motives behind your actions, ...but since you cannot be certain of even your deepest motivations in every situation, Buddhists then proclaim that you must “subdue your mind”.

Other teachings and religions suggest that you subdue your mind with “faith and worship”, with “obedience and discipline”, with “ritual and sacrifice”, with “fine works”, with “an open and trusting heart”; ...whatever the words, the self-constructed problems and confusions remain. Like most teachings, Buddhism declares that you must follow a pathway in which, for instance, love is the remedy for the angry turmoil which results from ignorance and your mistaken notions of reality; but, no one tells you what love is...or how to know the loving thing to do in each situation. This unknown love is supposed to bring about your desired “goodness and happiness” ...so how do you choose and act?

Like so many religions and teachings, Buddhism frequently states that it is through your ignorance of the Spiritual Laws or Truth and Wisdom that you bring the sadness and difficulties of life upon yourself, ...which seems to indicate that grief and miseries are an essential and active part of life ...and that you cannot live your love and free will without knowing and following the “Spiritual Laws of Life”, which of course destroys your free will to live as you truly desire. Do you really believe the universe is that conditional and arbitrary? ...and that unsupportive of you? Being infinite and unconditional, the universe cannot have such active Spiritual Laws and unknown Truths, ...however, the universe does not forbid or prevent you from establishing, living, and struggling with any spiritual law or unknown truth you desire, but, in that, you cannot be ignorant of the laws and truths you have created for you self and life. To illustrate and expand this idea, consider that most teachings indicate that the solution to the ignorance of

these laws and truths ...and the resultant difficulties and anguish of life is *self-awareness*. If self-awareness in any way resolves or eases this situation, then these Spiritual Laws must be *your laws* ...not God's laws, ...and that is true!

Isn't life grand!?