

Article 255: Buddhism Messes With Your Mind –Part 3

If you believe you need a vision of a destination for your self and life ... and guiding principles and guidelines to attain this vision, then you are lost in the false jungle of judgments. Instead of cutting through the jungle, pause and realize that the jungle is self-created ... and as fast as you cut through one area, you are expanding the jungle just ahead out of vision. Isn't that futile? Even if you follow a pattern of beautiful jungle flowers, fine attitudes, and desirable emotions, you will quickly find that this "right path" is so entangled and overgrown with judgments and misbeliefs that you are still going around in circles. No matter how much energy you expend ...or how effective you seem to be, you cannot progress within or through your own jungle of self-created judgments,

[Stop and let the jungle decay away!](#)

Though a Buddhist might advise you that to resolve this jungle of delusions you must **empty yourself of ego** ...which has created these problems, this is not true! Your ego is not at the root of your problems and illnesses ...or your suffering, dissatisfaction, or unhappiness, ...but, if you believe it is, then you will probably follow this advice and attempt to conquer, release, subdue, or destroy your ego; ...and should you succeed, such a pity that would be, for your ego is a grand, forever revealing and accommodating companion. Unfortunately, in Buddhism, as in most teachings~and especially in spiritual teachings~consciousness, wisdom, spirituality, and ego are deadly enemies ...and only one can win. Ego is your present self- image, therefore, if you destroy your selfimage, who or what will guide you in your spiritual pursuits to God or enlightenment? Until you are completely companioned with your Godselfimage, your ego or personal self-image offers support, identity, companionship, and guidance ...it is not an enemy or the cause of your problems, it is your friend and protector.

If you are seeking a greater and finer meaning and purpose in life and in spirit, remember, your present selfimage is supporting and guiding your seeking ...without which you could not succeed, and in denying your selfimage you are forsaking the guidance and companionship you desire, ...besides, since an image of self is an indispensable aspect of yourself, any attempt to rid yourself of ego is a game as futile as ridding yourself of your shadow, unless of course you are willing to live only in darkness, ...does that sound desirable?

Your ego constantly reminds you of your worldly responsibilities~and you do have worldly responsibilities. Even if you attain enlightenment and reach Nirvana~which Buddha did not define or describe~you have the

worldly responsibility to return and guide others, ...but, in this, you would be lost without your selfimage. You are a “living God” who can and should infuse your present ego companion with the vision of your spiritual selfimage. Raise and enliven your ego to all it may be, so it will desirably guide and companion you in this spiritually physical world. If you lose, abandon, or destroy your selfimage, how ever do you suppose you will ever function enrichingly and fulfillingly? And if you cannot live that way, ...how will you or others ever benefit from your enlightenment? ...or do you plan to hide out in Nirvana forever?

Your ego never struggles against you or interferes with greater and grander expansiveness ...or awareness without judgment~ commonly known as reaching enlightenment or Buddha-mind ...or spiritual development~at least not any more than you do, for your ego merely mirrors you to you, ...do you like what you see? If you didn't like the image of yourself in a mirror, maybe because you were overweight, too flabby, or not pretty or handsome enough, you wouldn't blame the mirror and break it, ...now would you? ...yet that is exactly what you are doing by attempting to destroy your ego.

[To live, you need your ego.](#)

Buddhists speak of your ego being greedy for power and control, for fame and possessions ...as though that was not you, ...but it is! Your ego is not a separate identity acting without your highest approval. If you are and live what you claim to be, that is not an inflated or controlling ego, ...and if you are not what you say you are, that has nothing to do with pride, arrogance, or self-adulation. Everyone has a tendency to aggrandize to a minor or greater extent, this is natural ... and seems to create important self-awareness events and situations, but is this really aggrandizement? ...or does it objectify inner-visions of you abilities?

By now, you should realize that the error in all of this is in believing that the structure of language is correct ...and properly expresses or portrays the universe. This is completely untrue! Oh, language certainly seems to be correct, but only language, not the universe, expresses good and evil ...and other opposing dualities, makes you believe that all things are caused, creates judgments ...which limit and judge you, restricts you to being/not-being or doing/not doing, creates confusion and conflict, results in illness and disease, makes you believe in a “monkey mind”, requires that matters be judged and controlled ...or forsaken, offers problems and suffering, leads you to believe in the separation of physical and spiritual, constructs false truths, incorrectly establishes “greater wisdom”, distorts your perceptions and awarenesses, makes you believe

in a destructive ego, improperly splits or separates your mind and consciousness, and destroys your free will to live as you truly desire, ...and that is the suffering you impose upon yourself by believing in the structure of your language ...no matter the language you think and speak in, for all languages are essentially structured alike.

It is obvious that instead of using language to know yourself and properly perceive and understand the universe, you have created your self and life according to your language, ...you have sacrificed yourself to language! ...but that is a subject for a later article.

We have discussed these matters relative to Buddhism only because these general beliefs and concepts, in many varied forms, serve as the foundation of most teachings and practices today ...whether modern or ancient, spiritual or physical, sacred or mundane. And no matter what we say, Buddhists claim that, through their teachings, they are only grinding your mind down to its true essence ...and polishing that to a fine luster, ...but when they have ground your mind away through all of these concepts and practices, ...do you believe there is anything left to polish? Ask the next Buddhist you meet whether the contents of an empty mind can ever be polished! ...and if this grinding and polishing is done in meditation, are you actually ridding yourself of your interfering mind ...or keeping it to yourself? Isn't seeking enlightenment actually "ego grasping"? And if all passions are temporary and lack any real existence, ...isn't the Buddhist passion for seeking wisdom~or religion's faith and passion to unite with God~also temporary ...and lacking any real existence? Isn't meditating, praying, or following a sacred ritual actually indifferent mindfulness? ...there's no wisdom or enrichment there!

[Buddhism messes with your mind!](#)