

Article 257: Expand yourself Beyond Problems

Your language does not let you know or speak of essence or universals ...or of a greater self and life, it keeps you trapped somewhere in the middle between formed things and essence, between physical and spiritual, between the knowable and unknowable, between the seen and unseen, between the speakable and unspeakable, between desires and undesires, and between problems and ineffective solutions, ...and because of the underlying structure of your language, it keeps you focused on the “unknowable•unspeakable cause” of things; ...and you, seeking personal individuality and knowing, follow this languaged pathway of reductionism (which is a tendency to reduce differences to a single identifying and unifying principle ...or to the cause and individuality of languaged things) in the futile hope of causing what you desire or resolving what you do not desire, ...does it seem reasonable to continue in these ways?

Instead of reducing your personal “problems” to “individual causes”, living your declared self *expands* you **out of your problems**. For example, if you have a pain, discovering the physical “cause” of your pain and relieving that, does not alter the painful self and life you are living and struggling against, such that your physical pain will occur again and again or take a different form as you continue your painful self and life “as usual”, ...while expanding your self and life beyond painful struggles expands you beyond your pains and problems.

As an example. Let’s assume you have decided to live with a new intimate-partner and, because of your previous history with intimate-relationships, we ask you the following questions.

Do you have a strong sense of controlling your own destiny? If not, how can you ever consider an intimate-relationship that will completely alter your life? Can you always be *in control* in this relationship without being *controlling* as you were in your other relationships? How? And if you cannot answer this question and live it, won’t you attempt to manipulate and control your new partner? ...which will constantly keep you feeling vulnerable and out-of-control in this relationship. How long do you think that will last? ...for you won’t stay long in a relationship in which you feel out-of-control.

These are not merely words, they portray serious problems in your attitudes and actions in an intimate relationship which, unless you are willing to consider and resolve, you will carry into your new relationship and impose them on your partner. What can you do? It’s not likely that you will

end your controlling ways ...or stop feeling vulnerable, or quit being defensive ...and not justify your attitudes and actions, yet, unless you change or overcome these feelings and reactions, you will continue them as destructive habits in your new relationship. What will you do?

In this problem your cause and effect language reduces your options to change or control your controlling ways ...or to discovering and changing what keeps you feeling out-of-control in your relationship, both of which only increase and intensify your struggles and difficulties ...which usually outpicture as physical or mental pains, which healers and medical practitioners attempt to reduce to a “cause” to relieve or cure, which only conceals and maintains the problems, ...and any languaged declarations to “live as you truly desire” merely leads to, “How do I do that? What should I do?” Do you see how these questions are a languaged attempt to discover causes and particular actions to change or cure? This is reductionism, so let’s see if we can *expand you beyond this problem*.

Turn back to the beginning of this Article and read our words in **bold** before continuing.

[Turn back and reread.](#)

Now, consider this more-expansive description of your self and life.

Do you have a strong sense of living as you truly desire? If not, how can you ever consider an intimate-relationship that will completely alter your life? Can you always live as you truly desire without deciding what to do? How? And if you cannot answer this question and live it, won’t you attempt to manipulate and dominate your partner so you can do as you desire? ...which will constantly keep you feeling trapped and unable to be yourself. How long do you think that will last? ...for you won’t stay long in a relationship in which you feel unable to be and live as you truly desire. Live as you truly desire!

Do you see how “controlling and manipulating” in the first paragraph to “cause” what you desire changes to “living as you truly desire” in the second paragraph? ...and did you feel more-expansive as the focus changed? Or, like many people, are you quietly and secretly asking, “How do I do that? How can I possibly live as I truly desire”? In asking these questions, you again reduce yourself to the level of the problem ...and struggle for “causes and overcomings”, which limits you and confines you to the problem, ...therefore, let’s expand you in slow-motion and see what is revealed. Our original comments began:

Do you have a strong sense of controlling your own destiny?

In the second paragraph, this expands to:

Do you have a strong sense of living as you truly desire?

If you followed this example carefully, then you realize that *attempting to control your destiny or cause the particular future you desire* is filled with restrictions and limitations, while living your destiny and future at every moment expands you far beyond those hindrances and confinements. This is not a matter of reducing the problem, or even expanding the problem until it becomes insignificant, for the problem itself is significant, ...this is a matter of **expanding your self and life beyond the problem.**

Now, let's consider another sentence of our original paragraph:

Can you always be *in control* without being *controlling*?

Both *in control* and *controlling* are self-defeating limitations and restrictions which strongly "control" you and your relationship ...and every aspect of your self and life. We attempted to increase your understanding of this to:

Can you always live as you truly desire without deciding what to do?

While this expands your life and understanding beyond controlling every little matter that "comes up", it certainly brings up the issue of *deciding what to do*, ...doesn't it? In other words, the focus of your self moves away from controlling others and matters, which you have no control of, and brings you to deciding **what you will live**, which you have complete control of. In this you have expanded beyond the problem of controlling.

Can you always live as you truly desire?

Of course you can, and with these ever-expanding changes, you mindfully focus your self and life to...

Live as you truly desire!

These are not just words, they express a change of self and life and focus far beyond "controlling" so you can begin living as you truly desire, which ends the problem ...and also ends your unrelenting search for causes, which traps you in the constant struggle for control. Living as you truly desire indicates that nothing in your self and life is out-of-control. Are you willing to begin expanding yourself out of problems in your life? ...starting with an awareness of the restrictive words and actions you have placed upon yourself?

Expand yourself by never limiting yourself!

Continue expanding our first paragraph line-by-line.