

Article 270: A True Journey –part 2

Despite Buddha's teachings, it is frequently declared, even by Buddhists, that true happiness is not the absence of suffering and difficulties, even by eliminating desires and grasping, simply because you cannot have a life completely free of problems and difficulties ...but is this really true? This and similar beliefs were "taken within" and revised to pronounce that "inner-happiness, because it is created within, is true and everlasting ...and can never be destroyed by the ever-changing world around you". Don't you believe it! ...for whatever is within you is ever-changing as well ...or~remember last week's Article~you could not change your feeling unappreciated, unsupported, or uncommunicated within.

Let's consider this from a different perspective, ...if you are living as you truly desire, you have as you truly desire ...and that is happiness, wouldn't you say? Happiness is not about how well or courageously or stoically you stand up to or overcome the problems you alone have created, ...true happiness is not living the creation of those difficulties in the first place. Happiness is *living as you truly desire* ...and has nothing whatsoever to do with properly reacting to your not living as you truly desire.

Instead of hoping for support and appreciation ...and struggling to endure or overcome problems so you can be happy or live happily as you truly desire, consider the many ways you are actively thwarting your own appreciation and happiness ...and dominating your self and life with problems that you then seek endlessly to overcome.

A young man who was constantly angry was told by his priest that he must control his jealousy "How, father?!" he replied angrily, "How do I control my jealousy? What'm I supposed to do? ...pray for God's help? What?"

What advice would you give this young man? Do you know how he can control his jealousy? ...or for others, how they can control their feelings of not being appreciated or supported ...or properly communicated with? ...or control their feelings of abandonment, doubt, anger and anxiety, vulnerability or insecurity, depression, or righteousness? Not speaking or expressing these feelings does not of course mean that they are gone or under control ...or that happiness has arrived within the individual, ...and any advice to control these feelings without knowing what to do is not only useless, it is destructive.

During the Middle Ages, the priest would have declared that this young man is possessed by the Devil ...or by demons or angry spirits, as

were all the other troubled individuals with uncontrollable feelings or desires, and he would suggest prayer for protection ...and offer techniques for casting out evil spirits. But today is not the Middle Ages and you are not a priest, ...you are more-enlightened about such things, yet you have no real advice to offer this man or the others ...or to yourself if you are also struggling with undesirable attitudes and emotions. Couldn't it be that these feelings and evil spirits are merely language problems? ...and not really human nature, adversities of life, or undesirable habits? Or even if you are possessed by an evil spirit ...isn't it the "evil spirit" of your language which will not let you know who or what you are ...or what you are doing? ...and your undesirable habit is continuing your use of a dichotomy language which angrily acts against you ...and the joy and happiness you truly desire.

Language-created opposites and misbeliefs spawn anger, frustration, and depression, ...for, though no two things are alike, unlike or different things are not in opposition, but your dichotomy language does not affirm this awareness, it emphasizes differences and supposed, language-created opposition. Besides, how can you possibly expect a language with a static underlying structure to correctly represent or describe an ever-changing world of processes fully supporting your constantly-moving journey of life?

There is no goal or fixed identity in the universe, yet your language is founded on an "identity of things" which can be rearranged on the static structure of language to convey ever-varying aspects of your self and life and journey ...and to convey beliefs and ideas, ...however, since the identity of things is false ...and the structure of language is a false representation of the universe, can your beliefs and ideas about the universe ...an of your self and journey be true? ...and worth basing your self and happiness and continued journey upon? But that is exactly what you are doing ...without a serious thought given to the consequences, ...but you don't believe this, do you? You believe your language is "flexible" enough to describe the constantly-changing universe around you, the ever-varying self within you, and the constantly-moving journey of your life, ...don't you?

If so, look out of your window and describe "growing" trees, the "blowing" wind, or the birds "flying" by, ...or in your car, describe the "passing" environment as you continue your journey down the road.'

It is reported that when Galileo constructed an astronomical telescope, some of his associates looked *at it* and talked *about it* ...but

refused to look *through it*, ...frequently declaring that while it was interesting, the whole idea of this “thing” changing man’s view of the universe was pure nonsense. In the same way, many Forever Living beliefs, ideas, and aspects ...especially those concerning the falseness of language are frequently considered interesting to consider or even talk about but utter nonsense in creating a different universe ...and journey for you through life. Not until you consider and appreciate the significance that such *seeming trivial* changes in your beliefs and language can make in your body and life and journey.

When you stop languaging and acting against your self and journey with almost every belief, thought, attitude, emotion, word, and action ...only happiness and self-appreciation remain.

After all of these words about communication and self-appreciation, the question arises, “If happiness and satisfaction of your journey are not based on satisfaction with family and friends, with income or possessions, or with your meaning and purpose in life, but upon satisfaction with self ...and self-appreciation, yet self-focus destroys happiness and satisfaction, is it possible to be fully satisfied with self ...yet not focused on self or self-satisfaction? If you are striving for personal happiness and satisfaction, you are focused on self and your striving, which can only lead to disappointment, dissatisfaction, and unhappiness, ...is this a paradox of life which confines you? ...and withholds joy and satisfaction from your journey?

Your declaredself fully focuses you and your journey on others without sacrificing your self-awareness, for...

Your journey is not about others or you,
it is about you and others.