

Article 311: Who Are You? -part 7

Before continuing, reread the last paragraph of part 6. Language limits your minding essentially to receiving, storing, retrieving, and considering data and information in limited ways ...and brings that data and information again and again, ...and though it seems that language-minding can properly reflect upon the past and envision the future, this process is, to a great extent, merely an illusion of the verb-tenses of language ...and is frequently misleading, if only because you tend to apply drastically limited and distorted data and information to your reflecting and envisioning, which frequently results in misleading conclusions ...and misunderstanding yourself and the world around you, which withholds the enrichingly fulfilling self and life you desire, ...or if these desirable situations and feelings do come in brief moments and experiences, you generally miss them to focus on resolving, enduring, or overcoming undesirable matters.

Did you know that the Mayan language did not distinguish between past and future? Consider how dramatically your life would change if you lived in the same way!

It seems that your recall, reflections, and envisionings (past, present, future) are limiting you ...and even deceiving you! ...is that what you want to continue? ...or are you willing to be aware of and record unusual feelings and experiences?

We are not suggesting that this process of recording “unusual” events and sensations will in itself open you to the enhancingly expansive and enriching lifeseff you truly desire ...simply because your everyday language and language-living constantly work against you, but insightful reflection upon these unusual events and feelings as you record them ...envisioning a continuation of these awarenesses and situations is certainly a fine beginning to more-fulfilling, enriching, and creative realms of life.

Many creative individuals recount revealing and assuring moments, constructive insights, and unusual feelings which led them to their most-profound discoveries, greatest awarenesses, or finest work; ...we want you to discover and live these inspirations and profound perceptions all the time as your normal waking life.

As incredible as it may seem, a greater, more-satisfying allmindself and life begins this easily, ...the important step is maintaining and expanding these “unusual” feelings and experiences into every belief, thought, attitude, emotion, word, and action free of language distortions and restrictions ...and bringing them into your perceptions of and responses to the world around you.

Be cautious of the deceptions of language!

Are you still interested in who you are? Are you willing to interrupt your tendency to mind your memories over and over as an image of yourself? If so, then keep the question "Who am I" in mind while drawing a Promisecard, ...and then, from the italics on your drawn-card, finish this sentence:

I am _____

For example, if you had drawn card 44 (Encounter), your completed sentence would declare: *I am the embodiment of life's promise that everything in my life outpictures the lifeseif I am creating and living, ...therefore, in all things, I know that I am always and only encountering myself.* If this were your Promisecard, then, though you probably don't realize it, you are unfailingly living this all-knowing trueself ...and revealing to others that they as well, in all of life, are only encountering themselves.

After completing your sentence, treat this action as an "unusual" experience to be recorded. Don't just repeat this Promisecard or your completed sentence, ...record this experience and your feelings while drawing the Promisecard and completing the sentence that describes *who you are*. And don't forget to record the situation and feelings which preceded your drawing this Promisecard ...and the events and emotions which followed your drawing a card about your self and life. Consider how important this event is to you! Remember, before and after events and feelings do not create past•present•future situations ...but a more-complete experience ...which you have separated, distorted, and limited through language into before, during, and after experiences ...and lost the profound understanding being presented.

We are not predicting that you will create an extraordinary allmind experience and awareneses in this action, ...it is intended to reveal the self you are encountering in everything you do ...and how each action and situation, expansively understood, reveals you to you, ...are you ready for this? Are you willing to begin living and experiencing your self and life from a dramatically increased and enhanced state of self-awareness at every moment? Are you willing to encounter yourself in everything you believe, think, attitude about, feel, say, and do? ...if not, you are not yet ready for an inspired allmind self and life. Inspiration and creativity are elusive only to those who are unwilling to always be and encounter themselves, ...but that's not you, is it? Incredible as it may seem, that's all there is to begin living and realizing your enriching and fulfilling allmind self and world.

**Awaken and awaken to the empowerment
and enrichment of your unconscious mind,
...also known as your noncemind!**

Are you willing to take possession of your noncemind? ...or will you continue letting your unconscious mind take possession of you? What you think is “not you” definitely “is you”! Faith, love, trust, and desire are insufficient to open your noncemind to yourself, but you can do this directly!

To help create these “unusual” experiences and feelings for an intense noncemoment, take your attention off of your daily concerns ...and focus intently upon life ...and the meaning and purpose of your life in particular. Do not use this or a similar process to answer questions or resolve problems, for that will limit your “unusual” experiences and feelings to old ideas and concepts ...and memories of struggling to answer questions and resolve problems. You can answer questions with Promisecard which interrupt your memory reprocessing. Stay focused on your actions and journey in life ...not on creating consequences, ...and do not “strain” for unusual events and feelings, let your life proceed “normally”, for all unusual awarenesses should be maintained and lived normally.

This is not a process of searching for unusual events and feelings for guidance, for, in that, you create an environment of doubt and not-knowing, and that seeming unknowing ...or anxiety about not knowing will “further-block” your knowing and create additional anxious feelings. To end this common pattern of “not-knowing and anxious feelings”, instead of “blanking your mind to create a state of ready-acceptance” ...which would actually create a state of unknowing combined with a dependence upon “higher wisdom coming to you”, which is also not wise or desirable, ...being aware of and recording unusual experiences and feelings will help you become aware of “your own greater wisdom” ...which will quickly cut-off *your doubts and anxious feelings of unknowing*, ...actually, you will know ...and feel assured in continuing and expanding your previous knowing.

Being aware of and recording unusual happenings and feelings will awaken and maintain an enhanced state of “awareness and reflection”, which is your reflecting upon what you already know ...which can bring forth *reflective emotions*. After this reflecting moment, you will discover that you are in some *unusual way* a different person. We can't tell you what will happen or how you will feel, but you will know that, in some small way, you and your life have become more-expansive, you will sense that you are on the edge of...

To be continued