

Article 323: Some Things about Some Things -part 3

1. By accident or design, you are just as likely to act yourself into a new and different belief and way of thinking and feeling as you are to think and feel yourself into a new and different belief and way of acting.

2. Motions create emotions! ...in other words, act as though you like someone or something ...and soon you will. Act intimately and you will feel intimate ...and be intimate. Intimacy does not come to you, you must go to intimacy, ...but remember, as you go to intimacy, intimacy will just surely abide with you.

3. What an exciting experience it is to begin a new experience which contrasts with your desire for what seems familiar and safe. Openness in an intimate relationship is much the same: it stirs you and elevates you ...then threatens you. Will you stay open and uplifted in your personal-relationship, sink to your normal and familiar, or raise your mind and life ...and relationship to a more-expansive level?

4. If you enjoy what you are doing ...or take pleasure in your personal relationship, heed the words that “continued pleasures wear off, for pleasure is always contingent upon change ...and always disappears with continuous stimulation and satisfaction”. Of course, this is in a duality-based world of opposites, ...however, in living as you truly desire, there is no displeasure or lack of enjoyment.

5. Whether or not you realize it, you have great purposes to live for, great resources to live from, great convictions to live by, and great promises to live with.

6. An imaginary worry may be unreal, but a worried imagination is very real.

7. Privacy in any form reveals a lack of intimacy, and respecting another’s privacy promotes and continues that lack of intimacy.

8. Both acceptance and forgiveness reveal a lack of profound knowing and intimacy, for whomever you accept or forgive you have judged, ...and there is certainly no knowing or intimacy in that! ...and not acceptance or forgiveness.

9. Healing in any form reveals a loss of profound knowing and a lack of intimacy. Protecting, preserving, and holding on is dishonest.

10. Living your language is living your judgments, and there is no intimacy in that, for the moment you judge, you stop knowing your partner, for example, and only know and experience your judgments, ...actually, living your language and feelings is completely dishonest.

11. In considering your self and life and personal relationship, would you choose pleasure and enjoyment? ...or no displeasure or lack of enjoyment? Which do you believe would be more-enriching and fulfilling? ...most satisfying and revealing? ...more meaningful and purposeful? And which do you believe would be a more-reliable guide to living as you truly desire?

12. Self-regarding motions are at the heart of truly loving relationships, for the awareness of being desirably wanted makes you feel important and your life meaningful.

13. Everything you've ever read or heard or experienced about happy relationships is in the environment of duality ...and the structure and limitations of your dichotomy language. As such, these "happy relationships" were merely "feel good safe-havens" from the negative world and environment you were endlessly languaging and struggling against, ...and as this feel good haven faded, the relationship went with it.

An open honest, intimate relationship is free of these self-imposed limitations, but you must think and live anew to create this different relationship. By living *the goodness of all things*, your feelings of profound intimacy and the union remain. Can you unite in *all goodness* with a chosen self and partner? ...or are you still seeking a *safe-haven* from the self-created world around you?

14. An open, honest, intimate relationship starts you down the path of *living happily ever after* with yourself and all others in lifetime after lifetime. Or, of course, you can return to your life and relationships "as usual". The moment is now and the choice is yours!

15. You have been entrusted with making and promising yourself ...not abusing yourself with language!

16. Honesty is much more and far deeper than just telling the truth , for when you judge another or justify yourself, in these actions in any form, you are being dishonest, ...you are lying and defending your lies. Is this lying all-pervasive in your life? And if you say, "Well, not that I am aware of," then you are lying to yourself ...as well, for you are always aware of your judgments and justifications, ...the question now is, "Are you willing to stop *these lies* and live your intimate-relationships with mindful honesty?"

17. If love is true acknowledgment, and that seems to be so; and if people who are denied love are damaged, and that frequently occurs; and if you have as you give, and that is obviously so; then to have love is to actively and intimately acknowledge others, for in the process of

acknowledging them, and the way you acknowledge them, you acknowledge yourself in the same way ...which is love in action!

18. Carl Jung wrote, "A third of my patients are suffering from no clinically definable neurosis, but from the senselessness and emptiness of their lives."

19. At the beginning of personal relationships, you readily agree with your partner and seem to promise what he or she desires, ...and your partner seems to promise what you desire. Then, since this *charade of deception*, of self and another cannot continue for long, it soon disappears and your old self and life "as usual" returns, except now you have a personal 24/7 relationship to revel in ...or escape from.

Has your vision clouded and your hearing faded?

...and has your sense of touch deadened?