

## **Article 89: The Spirit Of Spirit.**

If you really want to understand your self and life, stop deceiving yourself with language and the false beliefs, feelings, and experiences constructed from language. The structure of language presupposes that for something to happen, something must cause that to happen, ...and then, under the guise of helping you “understand” the event that it has improperly constructed and presented, language offers you the false tools of judgments, such as good/bad, cause/effect, right/wrong, desirable/undesirable, and spiritual/physical, to apply to the event, experience or feeling, ...but none of these presumptions and tools of language are true.

If we mention the word “chair”, you begin understanding what we are saying or referring to because you sense “the essence-chair” as something you sit upon, but the essence-chair exists only because you have experienced a physical-chair ...or stone or fallen tree trunk or river bank which you have used to support you in a seated position. You can never know or experience the essence-chair, you only know and experience formed chairs... or chair-like things. In truth, the physical-chair and essence-chair are simultaneous, but language cannot properly deal with or clearly express simultaneousness, ...so it incorrectly separates things and events ...and pulls them apart, such as dividing mind and body, essence-chair and physical-chair, or spiritual and physical’ ...and to reconnect or recombine these language-separated aspects is equally inappropriate. For instance, to join mind and body as a connected mind-body or a mindbody does not portray a oneness ...but maintains a joined-separateness, while a mindful body expresses both aspect as an inseparable oneness. Stop reading for a moment and consider the difference between “oneness” and “wholeness”.

Do you understand that wholeness conveys the idea of conjoined parts, while oneness is inseparable?

The essence-chair does not precede or cause the physical-chair, nor is the reverse of this true, for they are simultaneous and mutually interdependent, ...thus they are one. Yet, unfortunately, you believe that the essence or spirit of all things precedes and creates the physical person or thing. This belief seems to come from the false concept of duality, such as good and bad, infinite and finite, and cause and effect ...in which spirit is good, infinite, and cause ...and physical is bad, finite, and effect, ...but none of this is true!

For instance, if an unseen spirit or essence creates or causes its physical counterpart, then before anything can exist it must already exist, which is ludicrous, ...for an essence chair does not exist “prior” to the chair’s existence, but occurs and is known simultaneously with the physical chair. In the same way, your spiritual essence and physical being are one and simultaneous as well. And just as your mind and physical body are

one, as a mindful body, your spirit and mindful body are one as a spiritually mindful body.

The belief in the goodness, greatness, and unlimitedness of spirit in contrast to the weakness, unimportance, and restrictions of all that is physical leads to the concept that what is physical is but a vague image or shadow of what is spiritual, ...or that you are a spiritual being temporarily trapped in a physical body living the restrictions of a physical life. Let's consider these beliefs from two points of view: Centuries ago, Jews traveling in the desert, frequently placed a mirror at the top of the center pole of the temple-tent to reflect the spiritual world to all worshipers below, ...and if in prayer you looked up toward heaven, you would obviously see yourself and your physical surroundings below. Also, in Mathew 16.19 of the New Testament, Jesus said to Peter, "You are Peter, the Rock; and on this rock I will build my church, and the gates of death shall never close upon it. I will give you the keys of the kingdom of Heaven; what you forbid on earth shall be forbidden in Heaven, and what you allow on earth shall be allowed in Heaven." Both of these illustrations reveal **as below, so above**, not as above, so below. They also express the oneness of spirit and physical, ...not that your spirit is creating your physical body and life. In the oneness of all things being spiritually physical, right now you are simultaneously outpicturing or revealing your spiritual self and life with every physical belief, thought, attitude, emotion, word, and action. In other words, you are not spiritualizing all that is physical, you are physicalizing, or giving form and substance to, all that is spiritual.

This offers you a completely different view of spiritual and physical, ...doesn't it? ...and a different view of your self and life today. There are far deeper meanings and a greater and finer importance to your life today than you ever thought, ...isn't there? You cannot transcend from a gross physical life to an infinite and enlightened spiritual self and life, for...

*As you are physically, you are spiritually,  
...the two are one and inseparable.*

You cannot hide, ...and there is no place to escape to. Weed out all beliefs, thoughts, and attitudes which inhibit the generous flow of life ...and cultivate and continue only foreverlife-enhancing beliefs, thoughts, and attitudes. What you say "yes" to in your physical body and life today you are simultaneously acknowledging and placing in your spiritual being and life. Are you willing to embody an ideal and forsake everything unlike that ideal? You are paying with your life for everything you are doing, ...is what you are doing worth your life? Another way of looking at this is one I've always followed:

*The universe that takes my life  
moment by moment will pay dearly*

*and offer me everything I truly desire.*

How highly do you value your life? The universe has promised to pay for your life by fulfilling whatever you choose with every belief, thought, attitude, emotion, word, and action, ...are you willing to make great and fine choices? ...wise and wondrous choices? ...enriching and fulfilling choices? Why not? Why ever would you settle for less? ...for until you conceive of yourself as possessing the finest, you will not have the finest. Know and accept that there is more for you, ...allow yourself to dream and live imaginatively. Live a life based on greater and finer concepts. If you have accustomed yourself to troubles, burdens, and illnesses, ...and to those who counsel you to struggle against your fears and doubts, it's past time to enlarge your beliefs and mind to include a greater and richer concept of your self and life, for, unless you change, you are creating and encumbering your spirit with problems, difficulties, and sickness.

Take time each day to reaffirm that the spiritual self and life you are creating and outpicturing with every belief, thought, attitude, emotion, word, and action is what you want to be and live spiritually, for at physical death, you are not forgiven, judged and punished or rewarded, or given a clean body and life to try again, ...you continue living in spirit as you have created in your physical self and life. Of course, you might consider that to be a judgment and punishment, ...if so, begin today living the self and life you are willing to live forever. Anyone or anything which drains your vitality and requires spiritual renewal and rejuvenation is not for you, ...ohh, rest and nourishment or revitalization is a natural part of physical life, but spirit cannot be weakened, lessened, or drawn away. Any belief that someone or something is destroying your spirit speaks only of you.

*Are your spiritual beliefs vitalizing you?*

Have you learned the art of consciously being and living your spiritual self at all times? The emptiness that many people complain about and the meaninglessness that seems to dominate their life comes in part from a failure to consciously live today the spiritual self and life they visualize for themselves in the future. Attending to your spirit in normal activities turns an ordinary self and life into an enriching spiritual adventure, for your limitations and restrictions are real only because you believe that unlimitedness is restricted to your spiritual self and life. For instance, a small boy and his sister were straining desperately to move a heavy lava rock when their father happened by ...and, seeing their struggles, asked, "Are you using all of your strength?" "Yes", they said in unison ...a little impatiently, "we are". "No," their father replied, "you are not, ...for you haven't asked me for help."

*Do not ignore the strength and spirit of  
your spiritual selfimage for ordinary affairs.*