

ALL LIVING ENTITIES ARE UNDER PRESSURE TO STAY ALIVE;  
THE ONES WHO THINK EXPERIENCE IT BOTH PHYSICALLY AND MENTALLY.

NOW PONDER THIS: A MAN UNDER SUFFICIENT PHYSICAL PRESSURE  
HAS NO NOTIONS OF "ENLIGHTENMENT, OR WAKING UP".

WHAT INFORMATION DOES THIS FACT HOLD?


OR CONSIDER THIS: WHY ARE THE RECOGNIZED SCHOOLS DEVOTED TO THIS GOAL  
PLACES OF LIMITED PHYSICAL ACTIVITY, AND MUCH IMMOBILE, MENTAL REFLECTION,  
BUT ARE NEVER STRUCTURED AROUND (LET US SAY) — MOUNTAIN CLIMBING;  
OR OTHER SUCH ENDEAVORS THAT REQUIRE PROLONGED MENTAL CONCENTRATION ON THE  
PHYSICAL DEMANDS AT HAND?

HUMANS DO INDEED EXPERIENCE TWO FORMS OF PRESSURE; PHYSICAL AND MENTAL,  
BOTH ARE NEEDED FOR ORDINARY MEN TO FUNCTION IN AN ORDINARY WAY,  
BUT FOR THE FEW, ONE OF THE TWO IS ANATHAMA.

(ALTHOUGH THEY DO NOT REGULARLY RECOGNIZE IT FOR WHAT IT IS,  
BUT RATHER REFER TO IT AS, "BEING ASLEEP", AND SUCH.)

FROM THIS INSTANT MODEL YOU COULD SAY THAT IT IS NOTHING MORE THAN THE NORMAL  
PRESSURE OF "BEING ALIVE" AGAINST WHICH THE FEW REBEL, AND YET  
FEW-WITHIN-THE-FEW EVER ACHIEVE SUCH A SIMPLE, DIRECT VIEW OF THE MATTER

.....



AND WE ARE RETURNED AS ALWAYS TO THE FACT THAT:  
TAKING THE THOUGHTS THAT PASS THROUGH YOU  
TO BE A "YOU" WITHIN YOU  
CONFERS TO THIS ILLUSIONARY SELF A SERIOUSNESS THAT AN AWAKENED EYE SEES AS  
PROVISIONAL.

THIS IS ONE LIBERATED FROM UNNECESSARY, SLEEP-INDUCING STRESS.

IS YOUR MIND THE SAME AT NOON AS IT WAS WHEN YOU FIRST AWOKE THIS MORNING?

IS IT THE SAME AT MIDNIGHT AS IT WAS AT NOON?

IS YOUR MIND THE SAME WHEN YOU'RE AT HOME ALONE AS IT IS WHEN YOU'RE IN A CROWD?

WHAT DOES THIS ALL MEAN?

THESE QUESTIONS ARE ASKED IN THE FIRST CHAPTER OF THE BOOK

THE MIND AND THE UNIVERSE BY SIR ISAAC ASHTON

ONE MAN DESCRIBES THAT CERTAIN SITUATION THUS: "HERE'S WHAT I DON'T LIKE:  
'WHEN I'M SITTING DOWN -- I'M SITTING DOWN,  
BUT WHEN I'M RUNNING AROUND, I'M NEVER SITTING DOWN."

WERE IT NOT FOR THE APPEARANCE OF EMOTIONAL THOUGHTS  
THE FEW WOULD NOT FEEL THAT THEY ARE CONFUSED AND IN NEED OF ENLIGHTENMENT.

ALSO NOTE THAT BEING DISTRACTED BY THE MENTAL PRESSURE OF "BEING ALIVE"  
 PUTS YOU TEMPORALLY OUT OF SYNCH;  
 YOU EITHER RUN FASTER INTERNALLY THAN YOUR CIRCUMSTANCES,  
 OR ELSE, SLOWER THAN THE CONDITIONS AROUND YOU.

THIS IS ANOTHER UNRECOGNIZED EFFECT OF THE MENTAL PRESSURE THAT  
 ARISES FROM THE PHYSICAL ONE TO SIMPLY SURVIVE.

A TRULY CIVILIZED, THOUGHT-CENTERED, SLEEPING MAN  
 IS ALWAYS, IN HIS OWN MIND, EITHER EARLY OR LATE FOR EVERYTHING IN  
 THE SECONDARY REALM.

A CONSISTANT TENSION NEVER RECOGNIZED UNTIL YOU GET-TO-THE-BOTTOM-OF-THINGS  
 RATHER THAN BEING ETERNALLY AWASH IN THE MIDST-OF-THEM.

EVEN THE MOST ASTUTE OF CLOTHING CANNOT,  
 WHILE TUMBLING ABOUT IN THE WASHING MACHINE,  
 CORRECTLY IDENTIFY THEIR EXACT LOCATION.

...REMEMBER THAT ONE FATHER'S ADVICE TO HIS SON:  
 "YOU SHOULD GET-OUT MORE."

"AWAY FROM YOURSELF" IS THE ONLY PLACE FROM WHICH TO INITIALLY GET A GLIMPSE OF  
 WHAT'S REALLY GOING ON,

BUT TO COMPLETE YOUR UNDERSTANDING YOU MUST EVENTUALLY "GET AWAY FROM"  
 THE VERY "SOMETHING" THAT APPARENTLY "GOT AWAY FROM YOU" INITIALLY.

AND SO WE'RE BACK TO THIS: IT'S NOT JUST THE QUESTION OF: "WHAT'S GOING ON HERE?"  
 BUT ULTIMATELY THE QUESTION: "WHAT IS IT THAT IS GOING ON IN ME THAT IS BEHIND  
 MY WANTING TO KNOW: "WHAT'S GOING ON HERE?" "GET OUT MORE."

A MONK WROTE HOME TO HIS MAMMA FROM A MONESTARY:

"THEY TELL ME THAT I'LL ACHIEVE ENLIGHTENMENT AS SOON AS I CAN  
STEP ON MY OWN LEFT FOOT!.....WITH MY

OWN  
LEFT  
FOOT.

LOVE,  
HUBIE."

A, "P.S." FROM ME:

IT SURE IS NEAT HOW ONLY THOSE LESS FULLY AWAKE ARE  
FULLY CONVINCED THAT  
THEY UNDERSTAND FULLY WHAT  
"BEING AWAKE" IS.

A CERTAIN SENSE OF "URGENCY" ATTENDS THAT STATE OF DISTRACTION  
DESPISED BY THE FEW.

THE EXCESSIVE TALK INWHICH MEN ROUTINELY ENGAGE IS ONE MANIFESTATION OF  
THIS NEBULOUS PRESSURE MEN FEEL WHEN THEIR MIND IS UNFOCUSED & OUT OF CONTROL.

BEING RELAXED AND UNHURRIED IS ALWAYS IN ORDER.

THE GOAL ELUDES THE TAUNT, AND FRENZIED.

NOTE: NO MATTER YOUR CIRCUMSTANCES,  
WHEN YOUR MIND IS FIRMLY IN THE HERE-&-NOW,  
THERE IS NEVER A SENSE OF URGENCY ABOUT ANYTHING.

To "WAKE UP"  
IS TO BE -- UNWOUND.



TRYING TO GET TO THE BOTTOM OF ALL OF THIS  
IS LIKE TRYING TO FOLLOW A THREAD RUNNING THROUGH YOUR HAND THAT IS A  
MILLIONTH OF A MILLIMETER LONG, AND WHICH LOOKS LIKE A FINGER AND THUMB.

CAN YOU GET FAR ENOUGH AWAY FROM YOUR EAR TO HEAR THIS? ...

QUESTION: IF YOU ARE PHYSICALLY IN ONE PLACE,  
AND YOUR MIND IN ANOTHER -- WHERE ARE YOU?

IF YOU CAN'T ANSWER THIS -- YOU DON'T GET IT;  
IF YOU CAN ANSWER THIS -- YOU DON'T GET IT;  
IF YOU ANSWER THIS -- YOU'RE STILL NOT SEEING WHAT'S RIGHT BEFORE YOU.

TRY IT AGAIN; ASK YOURSELF:  
IF I AM HERE,  
BUT MY MIND IS SOME WHERE ELSE,  
THEN WHERE AM I?

...LOOK QUICKLY INSIDE YOURSELF AND INVESTIGATE THE MATTER: "WHERE IS MY "ME"?"  
CAN IT BE BOTH HERE -- AND SOME PLACE ELSE?  
IF IT IS SOME PLACE ELSE, THEN WHO AM I AT THAT INSTANT?

WHEN YOU GET TO THE BOTTOM OF THIS, EVERYTHING ELSE UNCONFUSES ITSELF,  
AND YOU ARE FREED FROM MAN'S NORMAL SENSE OF UNCERTAIN -- URGENCY.

WHEN YOU INTERNALLY NO LONGER SEE YOURSELF AS BOTH AN OBJECT & A SUBJECT,  
THE PRESSURE IS OFF;  
WHEN YOU REALIZE THAT YOU ARE ONLY ONE THING,  
THE TIGHTNESS IS GONE.

THERE IS A CERTAIN SENSE OF URGENCY THAT DRIVES THE ORDINARY LIVES OF MEN,  
AND WHICH IS ALSO THE AMBIGUOUS ANNOYANCE THAT MOTIVATES THE FEW TO  
ATTEMPT WHAT THEY DO.

HEY -- RELAX -- IT'S "WAKE UP TIME"!

TO HIMSELF, ONE GUY FINALLY NOTED:

"I KEEP MYSELF PRETTY MUCH, KNOWINGLY DISTRACTED  
SO'S TO KEEP MYSELF FROM REALIZING HOW NATURALLY SO I AM."

~~THEIR SAYING MORE THAN IS NECESSARY,~~  
~~COULD BE SAID THAT THE SOURCE OF THE DISSATISFACTION THAT DRIVES THEM~~  
~~ONE VIEW (FEELING TO THE FEEL)~~

(BY THE BY: ~~---DE---EEH---~~ I THINK THIS IS THE SAME MAN WHO ONCE SAID THAT  
HE SUSPECTED THERE WERE TWO FORMS OF ENLIGHTENED:  
BEING ENLIGHTENED ABOUT EVERYTHING OUTSIDE OF YOU,  
AND THE BIGGER ONE OF BEING ENLIGHTENED ABOUT YOURSELF.)

THE HARD QUESTION AND  
THE EQUALLY PESKY ANSWER

WHAT'S WORSE THAN BEING ASLEEP?

ANSWER: TRYING TO WAKE UP.

....AND THERE'S YOUR DIFFICULT DUO.

AND NOW ----- THE REALLY HARD PART

YOU'RE NOT PERFECTLY CONSCIOUS IF YOU'RE STILL CONSCIOUS OF CONSCIOUSNESS.

....THAT'S THE REALLY HARD PART.



POTENTIALLY: PERKY FACT

IF YOU CHASE A DOG LONG ENOUGH AND WITH SUFFICIENT, UNTHINKING DEDICATION  
YOU'LL EVENTUALLY FORGET WHAT YOU'RE DOING.

THE CONDEMNED PRISONER ASKED THE WARDEN:

"IF I DON'T THINK ABOUT THE EXECUTION  
WILL I STILL BE DEAD?"

ON ONE PLANET THERE ARE ONLY TWO KINDS OF CREATURES:

THE LIVING, AND,

THE LIVING.

(THEY'RE NOT CONSCIOUS THERE YET.)

A MYSTIC'S ALPHA TO OMEGA MEDICAL NEWS

YOU'RE AS AWAKE AS YOU FEEL.

.....

AND NOW A MYSTIC'S OMEGA TO ALPHA MEDICAL NEWS

HOW YOU FEEL DETERMINES HOW ENLIGHTENED YOU ARE.

(TO SOME THIS FACT ALSO GOES UNDER THE HEADLING OF:

"I DON'T LIKE IT EVEN A LITTLE BIT.")



AND ONE MAN MUSED:

"I'VE HAD ALMOST AS MUCH FUN TRYING TO WAKE UP,  
AS I'VE HAD AT THE TIMES WHEN I ACTUALLY WAS."

(AND HERE IS AN EXAMPLE OF A NEWS ITEM ABOUTWHICH NO EVEN  
PARTIALLY ENLIGHTENED PERSON SHOULD HAVE ANY COMMENT.)

MORE INFO CONCERNING THE NEED TO GET TO THE BOTTOM OF IT.

EVERYONE WANTS SOMETHING TO HOLD ON TO,

BUT WITH THE FEW,

HOLDING BLINDLY ON TO THE "DESIRE-TO-AWAKEN" . . . . .

EVENTUALLY BECOMES SELF-INHIBITING.

JUNIOR QUIZ TIME:

WHY BE DISTRACTED, DISTURBED AND CONFUSED WHEN YOU DON'T HAVE TO BE?

ANSWER: BECAUSE IT IS NATURAL!!

(IT'S ACTUALLY A QUITE ADVANCED QUESTION, BUT I THOUGHT I'D REFERE TO IT AS ELEMENTARY JUST TO MAKE YOU FEEL GOOD.)

AN "INNER-OFFICE"

BIG-GAME HUNTING TIP:

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THE RHINO-OF-URGENCY CANNOT WITHSTAND THE DART OF LAUGHTER.

AND NOW A BONUS QUESTION FOR EXTRA POINTS.

WHAT'S WRONG IN THIS STATEMENT, (A MAN SAYS):

"IF I HAD NOT BEEN SO MENTALLY OUT OF CONTROL FOR SO MUCH OF MY LIFE  
I WOULD NOT NOW KNOW ALL THAT I DO ABOUT  
"BEING ASLEEP"."

.....

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FACT: THE SAYING OF THE WORD, "ENLIGHTENMENT" IS ENLIGHTENMENT.

...OR IF YOU WANNA GET TECHNICAL:

THAT WHICH IS RESPONSIBLE FOR YOU SAYING THE WORD, "ENLIGHTENMENT" --  
IS ENLIGHTENMENT.

.....

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WHAT DRIVES THE HUNGER FOR SO-CALLED, "ENLIGHTENMENT, AND AWAKENING" IS,  
FROM BEGINNING TO END,  
THE FACT THAT THERE IS ONE THING THAT CAN NEVER BE UNDERSTOOD, ...

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WHEN A FULLY ENLIGHTENED MAN SPEAKS  
ONLY HE FULLY UNDERSTANDS WHAT HE'S TALKING ABOUT.



TWO SONS WERE DISCUSSING A CERTAIN QUESTION ONE OF THEM HAD POSED:  
"IF A MAN MAKES FACES, JUMPS ABOUT, WAVES HIS ARMS AND HURLS CURSES AT YOU,  
WHAT IS IT THAT DISTURBS YOU: HIS WORDS, OR THE MAN HIMSELF?",  
AND THEIR FATHER PASSED BY AND SAID:  
"NEITHER -- YOU'RE DISTURBED BY THE MIND."

THERE ARE TWO FORMS OF ACTION RELEVANT TO MAN:  
ACTIONS OUTSIDE HIMSELF,  
AND ACTIONS INSIDE HIMSELF,  
AND THE FEW FIND ONLY ONE OF THEM TO BE OF PERSONAL RELEVANCY.

STAGE ONE MOTTO: CHANGE WHAT YOU CAN AND IGNORE ALL THE REST.  
STAGE TWO MOTTO: IGNORE IT ALL.

THREE EXAMPLES OF SLEEP

ORDINARY MEN ARE ASLEEP, AND DON'T KNOW IT;  
ROUTINE MYSTICS ARE ASLEEP, AND DO KNOW IT;  
REAL MYSTICS ARE ASLEEP, BUT NO LONGER HAVE THE FACILITY TO KNOW THAT THEY ARE.

P.S. THIS UNRECOGNIZED "FACILITY" IS WHAT IS AT THE VERY BOTTOM OF ALL OF THIS.

WHY SPONTANEITY IS EXTOLLED FOR THE FEW,  
AND WHY BEING SO IS SO DIFFICULT

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WHEN YOU ARE "WOUND-UP"

YOU ARE -- UNCERTAIN,

AND "UNCERTAINTY" IS THE ANTONYM HERE FOR "SPONTANEITY".

EVEN THOUGH YOU MAY NOT THINK OF YOURSELF AS LIVING WITH A CERTAIN  
"SENSE OF URGENCY" -- YOU NORMALLY DO,  
AND IT HAS THE RESULT OF MAKING YOU FEEL MENTALLY UNCERTAIN AND CONFUSED,  
WHICH, (FOR THE FEW),  
ARE SYNONYMS FOR, "BEING ASLEEP"

LET'S ALL SING: "UNWIND YOURSELF,

IT'S LATER THAN YOU THINK...."