

ONE MOTHER REPRIMANDED HER CHILDREN WITH SUCH REGULARITY
THAT ALL SHE HAD TO DO WAS OPEN THE DOOR TO THEIR ROOM AND LOOK IN,
AND THEY WOULD ALL STOP WHAT THEY WERE DOING AND IN UNISON SAY:
"YES MA MA --
WE KNOW "WHO" WE ARE, AND WHAT WE DID."

(THE WELL KNOWN, "VON TRAPPED FAMILY" MADE FAMOUS BY THE MOVIE,
"THE SOUND OF SELF CONFINEMENT.")

AND NOW SOME NEWS FROM COSMOLOGY:
THE UNIVERSE IS LARGE ENOUGH TO CONTAIN EVERYTHING! -- EXCEPT ONE THING.
...(RE-THINK YOUR LAWS OF PHYSICS, NEWTIE BABY)

SOME REASONS WHY THE MIND IS SO DIFFICULT TO CONTROL

THE MIND NEVER STOPS, AND IT'S HARD TO FIND SOMEONE WHO CAN STAY AWAKE TO WATCH IT ALL THE TIME.

THOUGHTS CHASE THOUGHTS.

THOUGHTS HAVE NO HOME BASE AT WHICH TO STAY.

YOUR MIND AUTOMATICALLY ATTRACTS THOUGHTS.

YOUR MIND ENJOYS THOUGHTS.

NOTHING CAN CONTROL THE MIND EXCEPT THOUGHTS, D

BUT THEY ARE THE VERY THINGS OF WHICH THE MIND SOLELY CONSISTS. (AND LASTLY):
THE MIND DOESN'T WANT TO BE CONTROLLED, AND I HAVE NO IDEA WHO IT WAS THAT
EVER TOLD MAN THAT IT SHOULD AND COULD BE.

THESE ARE JUST A FEW OF THE REASONS THAT THE MIND IS SO DIFFICULT TO CONTROL.

...(AS YOU MAY HAVE NOTICED, I LEFT OUT THE REASON HAVING TO DO WITH A
"CLOSED SYSTEM".....WHICH IS FAR TOO OBVIOUS.....AND INCENDIARY.)

ONE MAN PONDERED:

"IS SELF-CRITICISM A FUNCTION OF THE PRIMARY REALM OR MAN'S SECONDARY ONE?"
AND AFTER MUCH CONSIDERATION OF THIS QUESTION, ONE FACT DID FINALLY STRIKE
HIM CLEARLY:

"I NEVER FEEL ANY SELF DIRECTED CRITICISM WHEN I AM FULLY UNDER THE INFLUENCE OF
HUNGER, FATIGUE, OR SEXUAL AROUSAL."

("HUMM.", HE MUSED -- "HUMM.")

ANY NEW EFFORT TO CHANGE WILL UNCOVER NEW SOURCES OF RESISTANCE TO CHANGE.

I REMIND YOU: TO CLEAR OFF ONE AREA YOU MUST LITTER ANOTHER ONE.

THE BELIEF IN UNCONTAMINATED CHANGE IS THE VIEW OF BUT ONE RIDER ON
ONE END OF A SEE SAW,
AND A SLEEPER NEVER REALIZES THAT HE RIDES BOTH ENDS.

THE CONTROLLING FACTS IN THIS MATTER ARE AS FOLLOWS:

NOTHING EFFECTS ANYTHING ELSE;
EVERYTHING EFFECTS EVERYTHING ELSE;
NOTHING MAKES ANY DIFFERENCE AT ALL;
EVERYTHING ALWAYS MAKES SOME DIFFERENCE;
NOTHING MATTERS, AND -- EVERYTHING MATTERS.

AND THIS IS BETTER THAN A CHINESE MENU
FOR YOU DO NOT HAVE TO MAKE A SELECTION FROM THE ABOVE LIST; THEY ALL
COME TO YOUR TABLE AUTOMATICALLY.

AN ENLIGHTENED MAN DOES NOT GO FROM "HERE TO THERE",
WHAT HAPPENS IS THAT HE TRIES TO CLEAN OFF "HERE",
AND WHEN THE DUST SETTLES --
IT'S OVER "THERE".

SAME DUST,

SAME MAN,

DIFFERENT SPATIAL PERCEPTION.

PEOPLE INVOLVED IN A SYSTEM FOR CHANGE ARE NOT INVOLVED WITH WHAT THE SYSTEM
SAYS THAT THEY ARE.

A SOMEWHAT "POETIC" PARALLEL IS POSITED BETWEEN MANS' PRIMARY & SECONDARY WORLDS VIA THIS OFFERING BY ONE CHAP:

"WHAT GOOD IS IT TO HAVE A WIENER WITHOUT HAVING A WOMAN,
OR TO HAVE A WOMAN WITHOUT HAVING A WIENER?

WHAT GOOD IS IT TO HAVE A MIND WITHOUT HAVING A PLAN,
OR TO HAVE A PLAN WITHOUT HAVING A MIND?"

ARE ANY OF YOU NOW BEGINNING TO HAVE HOT-FLASHES CONCERNING THE LIP-LOCK TWIX ILLUSIONARY, "SELF-CRITICISM", AND THE REALITY OF LIVING IN A "CLOSED SYSTEM"?

A BOY ASKED HIS FATHER: "WHAT'S WORSE THAN BELIEVING THAT SOMETHING IS WRONG WITH YOU?", AND THE ELDER REPLIED: "BELIEIVING SOMEONE ELSE WHEN THEY TELL YOU THAT SOMETHING IS WRONG WITH YOU.", THE KID PONDERED THIS FOR A MOMENT, THEN SAID: "REALLY?!?!", AND THE OLD MAN REPLIED: "NO, NOT REALLY.", "SO WHY'D YOU TELL ME THAT?", ASKED THE BOY, AND HIS FATHER REPLIED: "BECAUSE YOU WERE OBVIOUSLY WANTING SUPPORT FOR YOUR CONDEMNING OF YOURSELF FOR BELIEVING THAT SOMETHING IS WRONG WITH YOU, AND I JUST FIG'ERED I'D FUCK IT UP A BIT."

....."THANKS, DAD."

IF YOU DID NOT TAKE YOUR THOUGHTS TO BE YOU
YOU WOULD NOT TAKE YOURSELF TO BE ASLEEP.

ONE MAN SAYS:

"WHEN I READ THE WORDS OF ANOTHER, I TAKE A FICTIONAL DREAM JOURNEY IN MY MIND.
WHEN I READ THE THOUGHTS IN MY OWN HEAD, I TAKE WHAT I PERCEIVE TO BE .
A NON FICTIONAL ONE.

AH -- PERCEPTIONS." ("AH" INDEED.)

AFTER YEARS OF GOING FROM ONE EXPENSIVE MYSTICAL TEACHER TO ANOTHER,
ONE MAN FINALLY SETTLED ON A CUT RATE DOMINATRIX

(SELF-CRITICISM STIPPED TO THE BONE, YOU MIGHT SAY.)

AND NOW A READING FROM OUR BOOK OF: "DEEP, DEEP THINKING."

THE FIRST PHILOSOPHER SAID:

"I HAD NO CD'S -- AND FELT SAD --

'TIL I MET ANOTHER MAN WHO HAD NO CD'S EITHER, BUT WHO ALSO, HAD NO HEARING.

THEN I FELT GREATLY ASHAMED OF MYSELF."

AND THE SECOND PHILOSOPHER SAID:

"WHAT ARE YOU -- NUTS?!"

(THAT WAS FROM THE CHAPTER ENTITLED:

"THE MORE YOU UNDERSTAND ABOUT THE BICYCLE OF SELF-CRITICISM

THE MORE DIFFICULT IT IS TO KEEP IT UPRIGHT".)

A BOY ASKED HIS FATHER: "IS THERE A PLACE IN
THIS LIFE FOR A MAN WHO'S ACHIEVED THE ENLIGHTENMENT?",
TOWHICH HIS FATHER REPLIED: "WHERE ELSE COULD HE BE BUT IN THIS LIFE?!"

A BOY ASKED HIS FATHER: "IS THERE A PLACE IN
THIS LIFE FOR A MAN WHO HAS AWAKENED?",
AND HIS FATHER REPLIED: "YES, IN THE SAME PLACE WITH THE SLEEPING."

AFTER DECLINING REPEATED REQUESTS THAT HE WRITE HIS BIOGRAPHY, ONE MAN EXPLAINED:
"I'M AFRAID IF I DID SO THAT I'D ONE DAY READ IT, AND BELIEVE THAT THAT IS
ACTUALLY THE KINDA GUY I AM."

ANYTHING THAT ANYONE SAYS IS TRUE,
AND ANYTHING THAT ANYONE SAYS IS ALSO FALSE.

ERGO: WHERE IS THE NEED OR BENEFIT IN YOU SAYING ANYTHING?!

[REDACTED]

THE MOST STARTLING, THOUGH UNREALIZED FACT REGARDING SELF-CRITICISM
IS NOT THAT IT IS USELESS, BUT THAT IT IS ILLUSIONARY! -- IT DOESN'T EXIST!
SELF-CRITICISM IS SIMPLY NOT POSSIBLE.

ONE DAY WHILE RUMINATING ON THAT CERTAIN SUBJECT, ONE MAN SAID TO HIMSELF:
"IT'S NO ACTUAL "DISGRACE" TO NOT REALIZE WHAT'S GOING ON...
....BUT IT PROBABLY SHOULD BE."

RUSHING IN BREATHELESSLY, ONE MAN SAYS:

"I MAY HAVE STUMBLERD ON SOMETHING QUITE USEFUL:

I JUST REALIZED THAT I CAN FOCUS MY THOUGHTS ON THINGS OF THE MIND,
OR KEEP THEM ON THINGS PHYSICAL,

AND YOU PROBABLY ARE GONING TO HAVE TO LOOK INTO THIS MATTER FOR YOURSELF,
BUT AS FOR ME -- I'M TELLING YOU --

THE PRACTICAL IMPLICATIONS OF THIS HAS PROVED MOST SUPRISING."

RELATED TO THIS, (YOU MIGHT BE INTERESTED TO KNOW), IS A LAW IN A
NEAR-BY, ALTERNATIVE "LOCAL REALITY" WHICH SAYS THAT YOU CAN EITHER:

THINK FROM YOUR MIND, OR

THINK FROM YOUR CROTCH,

AND THAT NONE BUT THE ENLIGHTENED CAN DO BOTH IN THE PROPER PROPORTIONS --

AND ANOTHER LAW STATES THAT IT CANNOT BE STATED AS TO WHAT IS THE
PROPER PROPORTIONS.

AND THAT CERTAIN FATHER SAID AGAIN TO THAT CERTAIN HOMEBOY SON:

"I'M TELLIN' YA --

YOU OUTTA GO OUT MORE OFTEN."

BY THE WAY, LET'S TRY TO GET ONE PARTICULAR MATTER CLEARED UP ONCE AND FOR NEVER:
THE ONLY EVIDENCE THAT A MAN IS FULLY AND PERMANENTLY AWAKE WOULD BE THAT HE NOW
NEVER THINKS ABOUT BEING ASLEEP. (AND DON'T SAY TO YOURSELF: "I DON'T GET IT." --
NO ONE WHO "THINKS" ABOUT IT -- "GETS IT". -- SEE, SEE, THAT'S THE POINT.

COROLLARY:

A MAN WHO ACTUALLY "KNOWS WHAT HE'S DOING" RELATED TO THE STRUGGLE TO AWAKEN
DOESN'T ACTUALLY "KNOW" ANYTHING RELATED TO -- WHAT HE'S DOING.

YOU CAN: THINK FROM THE MIND -- OR PERHAPS,
FROM SOME PLACE ELSE.

ONE LAZY SUMMER DAY AS LIFE WAS JUST LOUNGING AROUND, IT LOOKED AT ITSELF,
AND THOUGHT: "GOD, BUT I'M PUTTING ON WEIGHT!" - THEN SUDDENLY THOUGHT:
"WHAT THE HELL'M I DOIN'?!!!! --

I CAN'T GET AWAY FROM ME
TO LOOK AT ME,
AND TELL WHETHER I'M PUTTING ON WEIGHT OR NOT.
GOOD GOD! -- AM I LOOSING MY MIND?!"

AND SO MUCH FOR LOCAL SELF-CRITICISM, BOYS AND GIRLS --
STRAIGHT FROM THE UNIVERSE'S MOUTH.