

THERE WAS ONCE A MAN WHO SHARED OUR CERTAIN INTEREST,
AND WHO LOOKED INTO ACTIVITIES KNOWN AS:
"WORKING FOR AWAKENING", "SEEKING ENLIGHTENMENT", & "STRUGGLING FOR LIBERATION",
AND QUICKLY RECOGNIZED THEM ALL TO BE THE SAME THING;
AND AFTER YEARS OF PRIVATELY PURSUING THE MATTER,
AND ARRIVING AT HIS OWN UNDERSTANDING OF WHAT IT WAS ACTUALLY ABOUT,
HE CAME UP WITH HIS OWN NAME FOR IT;
TO HIMSELF, HE THOUGHT OF WHAT IT WAS THAT HE WAS ATTEMPTING TO DO AS:
"TRYING TO STOP."

IN THE ALLEGORICAL JOURNEY FROM PARIS TO ISTANBUL
THERE IS THE EVENTUAL NECESSITY FOR YOU TO PAY NO MIND TO THE
SUPERFLUOUS SCENERY ALONG THE WAY --
AND NOTE THAT:
ALL SUCH INNER SCENERY IS COMPOSED OF NAUGHT BUT THOUGHTS AND WORDS.

WHAT BETTER DESCRIPTION IS THERE FOR WHAT AN EXPERIENCED & INSIGHTFUL TRAVELER
IS ATTEMPTING TO ACCOMPLISH THAN FOR HIM TO SAY: "I'M TRYING TO STOP,"?!

-- TO CALL IT ANYTHING MORE COMPLICATED THAN THIS IS TO TELL LIES ABOUT IT --
LIES THAT CAUSE YOU TO BELIEVE THAT YOU KNOW MORE ABOUT IT THAN YOU DO --
-- WHICH IS, CONSTRUCTIVELY -- NOTHING.

SO - NO MATTER WHAT NAME MEN MAY GIVE TO IT, AND REGARDLESS OF HOW THEY MAY
DESCRIBE THE GOAL OF THEIR EFFORTS,
ALL WHO ATTEMPT TO MAKE THIS JOURNEY ARE AFTER THE SAME THING,
THEY ARE -- "TRYING TO STOP."

SOME SCOFF AT THE NOTION OF THERE BEING A "GREAT SECRET" IN LIFE OF WHICH ORDINARY MEN ARE UNAWARE, BUT THEIR SCOFFING IS MISPLACED FOR THERE IS SUCH A SECRET, AND IT'S THIS - IT'S EVERYTHING THAT GOES ON CONSTANTLY ALL AROUND YOU WHILE YOU'RE TOO ABSORBED IN THOUGHT TO NOTICE.

AND SOMEONE CARPS: "BUT THERE'S NO NEED FOR ME TO BE AWARE OF EVERY SINGLE THING THAT'S GOING ON AROUND ME.", SIR, I'VE NEVER SAID THAT THERE IS, BUT HIS KVETCHING CONTINUES: "PLUS, MOST OF WHAT GOES ON DOESN'T INTEREST ME, AND CERTAINLY DOESN'T EFFECT ME." -- OBVIOUSLY AN ORDINARY, REASONABLE MIND IS SPEAKING HERE, AND ONE TO WHICH ANY FURTHER COMMENT ON THE MATTER WILL BE WASTED.

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[REDACTED SECTION]

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ONE MAN, (APPARENTLY NOT SO ORDINARY AND REASONABLE)
 HAS A TATTOO ON ONE ARM, RUNNING FROM WRIST TO SHOULDER, WHICH READS:
 "SO HERE I STAND! --
 MY MIND CONSTANTLY LOOKING OUT AT LIFE -- SEARCHING FOR THE GOAL,
 FOR AWAKENING, FOR ENLIGHTENMENT,
 WHEN IT IS MY MIND ITSELF -- AND NOTHING ELSE -- THAT IS IN FACT,
 THE ACTUAAL GOAL THAT IT'S LOOKING FOR."

IF YOU RECOGNIZE THE DIFFERENCE BETWEEN A SUBJECT AND AN OBJECT,
 AND SEE THE DISTINCTION BETWEEN, "IN HERE", AND "OUT THERE"
 THEN YOU
 HAVEN'T GOT A CLUE.

THE SECRET MISSING PIECE FOR SUCCESS IN THIS IS TO REALIZE THAT
 LIFE IS EVERYTHING ELSE THAT GOES ON WHILE YOU'RE TOO BUSY THINKING TO NOTICE.

THERE IS AN OVERLOOKED LAW OF PHYSICS IN MAN'S SECONDARY REALM
 THAT BEARS DIRECTLY ON THIS MATTER:
 "NOTHING EFFECTS ANYTHING ELSE, AND: EVERYTHING EFFECTS EVERYTHING ELSE -- AND,
 ONLY YOUR THINKING ABOUT THINGS KEEPS YOU BLIND TO THIS FACT."

WHAT A PICTURE: THE DUTIFUL LITTLE SAILOR UP IN THE CROWS' NEST
 CONSTANTLY SCANNING THE HORIZON ON THE LOOKOUT FOR THE PROMISED LAND,
 WHEN IN TRUTH, HE IS IT!

-- HE IS THE ONLY "IT" THERE IS.

WHAT A PICTURE!, WHAT A STORY! --

WHAT A STORY! -- WHAT A SIGHT!

ONE MAN HAD GONE OFF TO ONE OF THOSE SO-CALLED, "MYSTICAL SCHOOLS",
AND HAD NOT BEEN HEARD FROM FOR MANY YEARS,
AND FINALLY HIS BROTHER WENT TO SEE HIM,
AND AFTER GREETINGS AND HUGS, THEY SAT DOWN IN PRIVATE AND THE BROTHER
SAID: "SO TELL ME: WHAT HAVE YOU BEEN DOING HERE ALL OF THIS TIME?",
AND THE MAN ANSWERED: "I'VE BEEN TRYING TO STOP."

(BY THE BY: THE BROTHER LEFT, FAIRLY SATISFIED WITH HIS VISIT -- EXCEPT THAT
FOR DAYS HE PUZZLED OVER THE QUESTION: "TRYING TO STOP -- WHAT?"

A MAN ASKED A MYSTIC: "CAN YOU TALK AND BE AWAKE AT THE SAME TIME?",
AND THE WISE ONE REPLIED:
"ONLY IF YOU TALK R-E-A-L-L-L, R-E-A-L-L-L, S-L-O-W-W-W."

TO BELIEVE THAT IT IS THE "I" OF YOUR MIND THAT DIRECTS YOUR LIFE
IS TO BE GREATLY DELUDED,
AND TO BELIEVE THAT IT IS SOME IDENTIFIABLE, SUPERNATURAL FORCE OUTSIDE OF YOU
THAT DIRECTS YOUR LIFE
IS TO BE EVEN MORE DECEIVED.

Now --- I TRUST I HAVE 'CLEARED UP THIS MATTER ONCE AND FOR ALL. HUMPH!

AFTER HAVING BEEN PRIVY TO ONE OF TONIGHT'S EARLIER NEWS ITEMS,
ONE MAN RUSHED OFF TO HIS NEAREST MYSTICALLY INCLINED FRIEND,
AND SAID: "TELL ME WHAT IT IS THAT I'M TRYING SO HARD TO DO.",
AND HIS FRIEND OFFERED: "TRYING TO WAKE UP?!", AND THE MAN SHOOK HIS HEAD, NO,
THEN HIS FRIEND TRIED: "SEARCHING FOR ENLIGHTENMENT?", "NOPE!" REPLIED THE MAN,
AND HIS FRIEND TRIED: "STRUGGLING FOR LIBERATION?", AND AGAIN THE MAN
SHOOK HIS HEAD, AND SAID: "NO, I'M JUST -- TRYING TO STOP."

THEY WERE THEN BOTH SILENT FOR QUITE A LONG TIME
'TIL THE FIRST MAN STOOD UP, NODDED TO HIS FRIEND, (AS THEY BOTH SLYLY SMILED),
AND LEFT.

FROM SOMEWHERE UP IN THE RIGGING,
THE PEOPLE DOWN ON DECK HEARD A VOICE CRY OUT:
"AH, VERBOSITY AND UNNECESSARY-MENTAL-ORNIMENTATION --
THOU ART NOT THE -- PROMISED LAND.

AND THE ENDLESS LAPPING WAVES CONTINUE TO ASK THE QUESTION:
"TRYING TO STOP - WHAT?"

ANYONE WHO SPEAKS ABOUT LIBERATION, AND IS NOT THEMSELF FREE,
ONLY REPEATS THE WORDS OF OTHERS.

(THIS INCLUDES THE MATTER OF YOUR OWN THOUGHTS TALKING TO YOU ABOUT IT.)

A BOY COMPLAINED: "MY MIND IS TOO-FULL-OF-ITSELF.",
 TOWHICH HIS FATHER RESPONDED: "AH, BUT NOT ENOUGH --
 FOR IF IT WERE COMPLETELY SO -- YOU'D BE FREE OF IT."

TRANSLATED INTO A DIFFERENT SETTING:
 THIS IS WHY ONLY ACTUALLY, "STOPPING IT" IS ADEQUATE,
 AND MERELY "TRYING TO" IS NOT.

THERE IS NO GREATER EXAMPLE IN THE LIFE OF MAN WHEREIN IT IS A MATTER
 OF IT BEING: "ALL OR NOTHING."

WHICH BRINGS US TO THE END OF THE NEWS, AND ASKS IF YOU ARE READY FOR TONIGHT'S,
 POINT-BLANK, SHOT-IN-THE-FACE:

ARE YOU READY?.....OKAY, HERE IT COMES:
 IF YOU DIDN'T TRY TO "STOP IT" YOU WOULDN'T BE WANTING TO STOP IT."
 ... (DID EVERYBODY CATCH THAT ONE IN YOUR TEETH?)