

THERE IS ONE EXERCISE IN WHICH EVERYONE PARTICIPATES:
"THE BULKING UP OF THOUGHT".

AND THERE IS A WAY BY WHICH TO HAVE, "GAIN WITHOUT PAIN" --
-- BY HAVING CRITICAL THOUGHTS ABOUT OTHER PEOPLE'S THOUGHTS.

NO EXERTION IS REQUIRED ON YOUR PART TO FEEL THE ILLUSION OF YOUR THOUGHTS',
"BULKING UP";

IT COMES EFFORTLESSLY, COURTESY OF YOUR THOUGHTS ATTACKING SOMEONE ELSE'S.

THE BEAUTY OF THE APPROACH IS THAT YOU NEVER HAVE TO BOTHER WITH EVEN
TRYING TO COME UP WITH ANY THOUGHTS OF YOUR OWN TO "BULK UP" --

-- ALL YOU HAVE TO DO IS CRITICISE THOUGHTS THAT ARE ALREADY OUT THERE.

THE GRAND INTERTWINING OF TWO GREAT MYTHS:

HERA CONCLUDED THAT THE CHARMINGLY INVENTIVE POETRESS, ECHO WAS HAVING AN AFFAIR
WITH HER OLD MAN ZEUS, AND AS PUNISHMENT DECREED THAT ECHO WOULD BE FOREVER DOOMED TO
"SPEAK THE LAST WORD -- BUT NEVER THE FIRST." AND FROM THAT DAY ON, ALL THAT
ECHO COULD DO WAS REPEAT WHAT OTHERS SAID TO HER.

AND IF THIS WAS NOT BAD ENOUGH FOR ONE WITH A DEEP LOVE OF WORDS & MENTAL IMAGES
SHE THEN FELL SMITTEN BY NARCISSUS, BUT COULD NOT EXPRESS TO HIM HER AFFECTION --
....WHICH WAS NO REAL LOSS TO HIM IN THAT HE HIMSELF WAS ALREADY CURSED TO
LOVE NO ONE BUT HIMSELF --

-- AND IN FACT PERISHED THRU NEGLECT AND DISTRACTION
AS HE SAT IMMOBILE BY A POND AND PINED AWAY FOR HIS OWN REFLECTION.