

IN LIEU OF LEADING A NORMAL LIFE, ONE MAN SAID TO HIMSELF: "I'LL GO ON A CRUISE."

THE MOST FOOLISH STATEMENT AS ORDINARY MAN CAN MAKE
IS FOR HIM TO SAY THAT HE "KNOWS HIMSELF".

... THIS ALSO CONSTITUES THE SUPREME CASE OF WHAT HE CALLS, "LYING".
WHICH IS BETTER DESCRIBED AS, "THE DISTRACTING OF ONESELF",
WHICH IS MANS' CONTINUING ATTEMPT TO FOOL AND DECEIVE HIMSELF.

A MAN PONDERED:

"I KNOW WHERE I WANT TO GO,

THE QUESTION IS: HOW TO FUEL THE CONVEYANCE (?!?)"

PART II: FOR A MAN TO TRULY "KNOW HIMSELF" HE'D HAVE TO KNOW WHY HE DOES
THE THINGS HE DOES, AND ORDINARY MEN DO NOT REALIZE THAT ALL THEY DO
IS TOTALLY DICTATED BY LIFE;

THUS THEY GO ON DISTRACTING THEMSELVES CLAIMING TO KNOW
WHO THEY ARE, AND WHY THEY DO WHAT THEY DO.

PERHAPS YOU SHOULD TRY TO GET IT STRAIGHT IN THIS FASHION:

THERE IS ONE THING THAT RUNS THE BODY,
ANOTHER THING THAT RUNS THE MIND,
AND SOMETHING ELSE THAT RUNS THE EMOTIONS,
BUT THEY'RE ALL RUN BY LIFE,
(AND THEIR DISTINCTION UNSEEN BY THE MORE CONSCIOUS).

BLOOD

YET ANOTHER WAY THAT THE ENLIGHTENED COULD BE DESCRIBED WOULD BE TO SAY THAT THEY ARE PEOPLE WHO CAN GIVE THEIR OWN SELF A TRANSFUSION.

IF, FOR A MOMENT, WE WERE TO CALL A MAN'S NORMAL MENTAL STATE ONE OF:
 DISTRACTED CONSCIOUSNESS AS OPPOSED TO THE ONE THE FEW HAVE FOREVER SOUGHT,
 THEN LET US EXPOUND AND DESCRIBE THIS DISTRACTED STATE AS ONE WHEREIN A MAN IS
 ALWAYS TRYING TO LOOK AWAY FROM THE CORE OF HIMSELF,
 (THAT IS, OF HIS POTENTIAL, INDIVIDUAL CONSCIOUSNESS),
 HIS THOUGHTS ARE CONTINUALLY, "LOOKING AWAY", AND QUITE OFTEN, FRANTICALLY SO,
 IN A NEVER ENDING EFFORT APPARENTLY INTENDED TO KEEP ONE FROM LOOKING AT,
 (THAT IS, BEING-AWARE-OF), "SOMETHING", ("SOMETHING" IN CAPS & QUOTATION MARKS),
 MUCH CLOSER TO HOME, (THAT IS, WITHIN HIMSELF.)

AND WHAT COULD BE GOING ON HERE?!.....

THERE IS CERTAINLY, IN MOST PEOPLE, NOT ANYTHING SO DISPICTABLE OR TERRIFYING
 AS TO BE THE BASIS FOR THEIR CONTINUALLY LOOKING-AWAY-FROM-THEMSELF -- SO! --
 -- WHAT CAN IT BE?! -- WHAT IS IT THAT MEN DO NOT WANT TO SEE?!OR.
 IS IT NOT REALLY A MATTER OF THERE BEING SOMETHING IN THEM THAT THEY DO NOT
 WANT TO SEE, BUT RATHER A MATTER THAT THE MENTAL EYES ARE NATURALLY CONSTRUCTED
 IN SUCH A WAY AS TO MAKE "LOOKING-AWAY" THE NORM?!

"DISTRACTED CONSCIOUSNESS IS MAN'S INDIGENOUS CONDITION AND ANY WHO DO NOT
 REALIZE AND UNDERSTAND THIS ARE NOT THEMSELVES, CONSCIOUS.

AT EACH AND EVERY AND INSTANT MOMENT YOU ARE EITHER IN THE AUTOMATIC FLOW OF
 DISTRACTED MENTAL AWARENESS AND ACTIVITY, OR YOU ARE, BY YOUR EFFORTS AND YOURS
 ALONE, IN A STATE THAT IS IN DIRECT OPPOSITION TO SUCH A CONDITION.

THE SCORING OF THE GAME-STRUGGLE FOR LIBERATION IS SIMPLE: ALL OR NOTHING.

THE PRINCE OF ONE PEOPLE ANNOUNCED:

"I COME TO OVERTHROW THE KING -- NOT TO BRING PEACE,
BUT RENEWED PASSION AND EXCITEMENT."

...IT TAKES A SPECIAL PEOPLE TO WELCOME SUCH A MESSAGE.

IF IT SOUNDS STARNGE TO HEAR IT SAID THAT ORDINARY MEN WOULD BE INCAPACITATED
IF THEY KNEW THE SECRET -- THE TRUTH ABOUT LIFE --
CONSIDER SOMETHING MILDER AND A LITTLE THIS SIDE OF THAT:
THEY WOULD BE INCAPACITATED IF THEY WERE SIMPLY AWARE OF THE FACT THAT
THEY HAVE NO IDEA WHY THEY ACT, THINK AND FEEL AS THEY DO.

IN SOME WAYS: IT'S NO PROBLEM, "BEING-AS-YOU-ARE" AS LONG AS
YOU DON'T KNOW HOW YOU ARE.

AT THE ORDINARY LEVEL, (THOUGH UNBEKNOWNST TO ITSELF),
A MIND THAT WANTS ITS, "PROBLEMS SOLVED" -- WANTS TO DIE.
...(WE WON'T EVEN GET INTO THE SAME AREA REGARDING EMOTIONS TODAY!
"THAT'S RIGHT!", CHIMES IN LIFE, "ONE THING AT A TIME!",
OKAY, JUST FOR THAT -- WE WILL GET INTO HOW THIS RELATES TO EMOTIONS.
"OH-H-H", MOANS LIFE, "I STUCK MY BIG FOOT IN IT AGAIN."
AND IF YOU DON'T KNOW WHETHER STUFF LIKE THIS MAKES YOU WANT TO LAUGH,
OR CRY, THEN PERHAPS THE TIME IS RIPE TO DIVE INTO THIS EMOTIONAL FOG BANK.
...."OH-H-H-H-H-H", GROANS ON LIFE, "BOY I'VE REALLY DONE IT THIS TIME.
OH-H-H-H-H-H-H-H-H-H-H-H."

YOU CAN NEVER ALTER YOUR STATE OR SEE ANYTHING NEW AS LONG AS YOU ARE IN A
STATE OF DISTRACTION AND THUS, FOOLING YOURSELF --
AND YOU ARE FOOLING YOURSELF AT EVERY GIVEN MOMENT
AS YOU TAKE WHAT YOU NORMALLY DO, THINK AND FEEL TO BE REFLECTIONS OF
YOUR OWN WILL AND DESIRE.

IF YOU LIVE IN A DREAM, ALL YOU EVER SEE ARE -- DREAMS.

IT COULD NOT BE SIMPLIER.....OR MORE DIFFICULT TO ESCAPE FROM.

COFFEE

IF THEY BUT KNEW -- THE FEW
WOULD FIND IT MORE CONDUCIVE TO AWAKENING IN THE MORNING
IF THEY COULD GET THE CAFFINE TO AN AREA IN THEM
THAT THE THROAT DOES NOT REACH.

ONE WAY TO MOVE CLOSER TO THE AREA OF POTENTIAL REAL CONSCIOUSNESS IN YOURSELF IS TO TRY TO, "THINK CLEARLY", AND BY THAT I MEAN TO CONTINUALLY PULL YOUR MENTAL ACTIVITY OUT OF ITS USUAL STATE OF DISPERSED, CHAOTIC DISTRACTION, WHICH GENERALLY HAS SOME SUBJECTIVE, EMOTIONAL BASE, AND FORCE YOUR ATTENTION INTO A CONTROLLED STATE OF CONSIDERING, STUDYING, AND EXPLORING SOMETHING --
-- NOT EXCLUDING WHATEVER WAS ALREADY SUBJECTIVELY CHURNING IN YOUR THOUGHTS -- IN A CLEAR AND OBJECTIVE MANNER.

AT FIRST IT SEEMS EXTREMELY DIFFICULT -- BUT THAT IS MORE SELF-DECEPTION. -- FOR IT TAKES NO SPECIAL TALENT, OR TRAINING TO SHIFT THE MIND FROM THINKING IN AN EMOTIONALLY CHARGED, SUBJECTIVE MANNER TO ONE OTHERWISE, FOR THERE ARE NO REQUIREMENTS, PHYSICALLY OR PSYCHOLOGICALLY, THAT THE MIND MUST THINK ABOUT CERTAIN THINGS AS OPPOSED TO OTHER THINGS, (LIKE HOW THE LUNGS MUST BREATHE ONLY ONE PARTICULAR GASEOUS COMBINATION), AND NO REQUIREMENTS THAT THINKING ITSELF MUST BE BASED ON ONE SPECIFIC ATTITUDE, OR APPROACH INSTEAD OF ANOTHER;

WHERE THE DIFFICULTY IS SENSED IS IN THE FACT THAT HOW AND WHAT ONE NORMALLY, AND NATURALLY THINKS, TAKES NO EFFORT OR ATTENDING-TO -- IT JUST HAPPENS -- IT FLOWS, RAMBLES, TAKES TO YOU, CRUSES, WHINES, CRIES, CONSPIRES, THEN IMMEDIATELY APPEARS TO HAVE FORGOTTEN WHAT IT JUST DID TEN SECONDS AGO, AND BEGINS TO RUN THE SAME COURSE BACK OVER AGAIN...THEN AGAIN...AND AGAIN -- ALL OF IT JUST HAPPENING AS NATURALLY AND EFFORTLESS AS BREATHING , WHILE TO DO OTHERWISE REQUIRES EFFORT AND A CONSTANT ATTENTION TO THOUGHT SO AS TO RELEASE YOU FROM THAT ORDINARY MENTAL STATE OF UNCONTROLLED DISTRACTION.

FOR A WHILE, ONE MAN'S PRIVATE, PERSONAL SLOGAN BECAME:
"ANYTHING TO STOP THAT -- BULLET TRAIN!"

A FATHER TOLD A SON:

"THERE IS NO PROBLEM IN BEING A SIAMESE TWIN AS LONG AS YOU ARE BOTH -- NO,
LET ME CORRECT THAT --

THERE IS NO PROBLEM IN BEING PART OF SUCH AN ARRANGEMENT AS LONG AS
ONE SPECIFIC ONE OF YOU IS ALWAYS AWARE OF WHAT YOU ARE BOTH DOING."

TO DISTRACT YOURSELF IS TO DECEIVE YOURSELF,
AND TO DECEIVE YOURSELF IS TO IMMOBILIZE YOURSELF.

QUESTION

CAN THE BODY BE - "HAPPY"?

CAN THE MIND BE? --

...HOW 'BOUT, EMOTIONS?

----- WAS THAT A DUMB QUESTION OR WHAT?! --

OR WAS IT A TRICK TO SEE IF YOU WOULD THINK THAT
AND REVEAL YOUR OWN DUMBNESS?!

TO BE OF ORDINARY, DISTRACTED CONSCIOUSNESS IS TO, "WEAR OUT"
LONG-G-G BEFORE YOU ACTUALLY DIE.

THE ORDINARY ARE IMPRESSED WITH THOSE THEY LABEL, "GENUIS"
BECAUSE THEY RESEMBLE SOMEONE ACTUALLY FOCUSED.

AND YET ANOTHER MAN COMES FORWARD TO SAY THAT THE MOST MEANINGFUL WORDS HE EVER HEARD UTTERED CAME FROM HIS FATHER ALSO, IN THE FORM OF HIS MOST COMMON REPLY WHEN QUESTIONED ABOUT WHY HE HAD ACTED IN A CERTAIN WAY, (THE RESPONSE BEING): "I DON'T KNOW WHY."

ENTERTAINMENT: PAID DISTRACTION.
TALK: FREE.

PERHAPS IT CAN BE OF ASSISTANCE PUT THIS WAY:

A MIND UN-DISTRACTED CANNOT PARTICIPATE IN FOOLING YOU.

SEEING HIMSELF AS A TRIPARTITE KINGDOM,
ONE MAN PRESENTED THIS CHALLENGE TO HIMSELF:
"IF THERE IS NO TRUE WITHOUT FALSE,
AND NO PAIN WITHOUT PLEASURE,
THEN WHAT ELSE IS THERE WITH NO, 'BLANK WITHOUT BLANK'? --
-- AND MORE THAN THAT: WHY SHOULD IT BE SO?"

IF YOU LET THE MIND STAY DISTRACTED, (AND THUS SUBJECT TO SELF-DECEPTION),
AN ENTIRE WORLD OF EMOTIONAL CHAOS CAN EXIST BENEATH IT AND APPARENTLY
TOTALLY UNKNOWN TO YOU.

"WHAT A BEAUTIFUL WORD, 'APPARENTLY'." MUSED LIFE...AS IT DAYDREAMED OF MAN.

IF YOU ARE ALREADY IN THE GRADUAL PROCESS OF DYING
IT'S REALLY HARD TO MAKE ANY SENSE OF BEING ALIVE.

A MAN ASKED:

"IF YOU COULD BE YOURSELF WITHOUT UNWITTINGLY TRYING TO FOOL YOURSELF & OTHERS REGARDING WHO YOU ARE --

-- WOULD YOU THEN TRULY BE YOURSELF?BE SIMPLY - WHAT-YOU-ARE?"

(ARE THE QUESTIONS GETTING BETTER, OR IS IT MY WISHFUL HOPING?!)

JUST BECAUSE YOU DON'T YET SEE IT THIS WAY DOESN'T MEAN IT'S NOT SO,
BUT THE ACHIEVING OF A NEW STATE OF MORE STABLE, AND CONTROLLED AWARENESS
IS A THROWING OF A BUNCH OF UNRULY RELATIVES, OUT OF YOUR HOUSE!

THERE IS A SIMMERING SWAMP IN THE BASEMENT THAT LEFT UN-ATTENDED-TO
WILL POISON THE AIR IN UPPER FLOORS.

(HINT, HINT -- NUDGE, NUDGE):

IT'S EASIER -- NO, LET'S REPHRASE THAT:

THERE IS MORE ENERGY AVAILABLE TO PULL YOURSELF OUT OF DISTRACTION
DURING TIMES OF CRISIS AND STRESS.

A MAN ASKS: "IS IT POSSIBLE TO SAY ANYTHING WITHOUT AT LEAST PARTIALLY ENGAGING IN AN ATTEMPT TO DECIEVE SOMEONE.....YOURSELF INCLUDED?"

...(WAY TOO GOOD TO ANSWER).

MANY AN ORDINARY MAN'S PERSONAL, (THOUGH, UNREALIZED), MOTTO IS THAT:
"GRADUAL DROWNING IS NOT SUCH A BAD THING TO HAPPEN TO YOU -- AS LONG AS:
- YOU TRY NOT TO PAY ANY ATTENTION TO IT."

..."YEAH-H-H....OKAY!, BUT -- COME ON!:
IT DOESN'T REQUIRE ANY SPECIAL ATTITUDE OR EFFORT TO STAY IN A STATE OF
DISTRACTION.
....I MEAN -- DO WE REALLY NEED STORIES LIKE THAT TO REMIND US?!"
....I DON'T KNOW FOR SURE SIR -- DO WE?!?!

BREATHING

OUT-OF-CONTROL EMOTIONS ARE STRANGLING -- ESPECIALLY TO CONSCIOUSNESS.

ESCAPE

DISTRACTED THOUGHT IS THE ATTEMPT TO "GET AWAY FROM" SOMETHING -- BUT, WHAT?!

THE WAY BYWHICH ANOTHER MAN WOULD JOG HIS ATTENTION BACK TO HIS
PRIMARY GOAL AND THE EXERCION REQUIRED TO RUN THERE TOWARD
HE PUT IN THE WORDS: "IT'S TOO CROWDED IN HERE."

A PHOTOGRAPHER REFLECTED:

"THERE IS NOTHING THAT WILL BRING A BLURRY PICTURE INTO CLEAR FOCUS
LIKE A GOOD CALAMITY."

...(HINT, HINT -- NUDGE, NUDGE:

"BLURRY PICTURES" -- "Distracted CONSCIOUSNESS"

HINT, HINT -- NUDGE, NUDGE.)

THE FUEL TO DRIVE ON

WHEN YOU ARE BORN -- EVERYONE'S TANK IS FILLED --
WHICH IS OBVIOUSLY, "ENOUGH!" -- BUT WHOA!, NOT SO
FOR THE FEW.

PHYSICS

THE ORIGINS OF TIME? -- THE DISTRACTED MIND.

ANOTHER WAY TO HELP KEEP FROM LOOKING AT IT IS TO ATTACK OTHER PEOPLE'S BEHAVIOR.

ONE MAN'S PRAYER SEEMED TO BE:

"LET ME BE ABLE TO:

FOCUS ATTENTION,

CONTROL THINKING,

CLEAR THE MIND, AND STABILIZE CONSCIOUSNESS -- AND ABOVE ALL:

HAVE THE PASSION TO DO SO."

YET ANOTHER USEFUL BIT OF INFO, PERTINENT TO THAT CERTAIN EXPLORATION:
AS LONG AS YOU'RE LOOKING AT THE NILE --
THERE IS NO "SOURCE" OF THE NILE --
...JUST THE NILE,
WITH ALL OF ITS MANY, VISIBLE TRIBUTARIES AWAITING TO --
- GIVE YOU GRIEF.

THERE IS A CERTAIN AREA WITHIN THE INNER KINGDOM OF MAN
WHEREIN THOSE WITH THAT CERTAIN HUNGER,
(WERE THEY AWARE OF THE BENEFITS, AND WERE THEY ABLE TO DO SO),
WOULD PRAY FOR BAD WEATHER
EACH AND EVERY DAY.

NOURISHMENT

NEVER FEED THE ENEMY ---
-- ANYONE NOT USEFUL TO YOU.

PEACE

ALL BECOMES CALM -- JUST BEFORE DEATH.

ONE MAN PRIVATELY NAMED THE TRAIN HE WAS TRYING TO RIDE — "COBRA FEET."

CLARITY

DISTRACTED THOUGHT IS DISTORED THOUGHT.

ONE WAY TO - KEEP-FROM-FEELING

IS TO:

KEEP ON A 'THINKIN'

..(AND WHILE IT ONLY SEEMS TO WORK --

-- THAT'S GOOD ENOUGH FOR MOST --

...AND WAY-Y-Y TOO BAD FOR THE FEW.

FAIRNESS

DISTRACTED THOUGHT IS PREJUDICIAL THOUGHT.

ONE MAN'S PERSONAL REMINDER TO HIMSELF OF HIS AIM AND NEEDED EFFORT
WAS THE SENTENCE: "I CAN'T BREATHE IN HERE."

ASK YOURSELF: HOW CAN ONE DISTRACTED MAN

LEAD OTHER DISTRACTED MEN -- ANY WHERE?!NOT POSSIBLE!

NOW ASK YOURSELF: HOW CAN ONE MAN'S DISTRACTED MIND LEAD HIM ANY WHERE?...

...LIKELIKE, IMPOSSIBLE.

MORE ABOUT THE MATTER WE MENTIONED

USEFUL EFFORTS PRODUCE ENERGY -- MEANINGLESS ONES CONSUME IT.

EVANSION, FRAUD AND DECEIT

DISTRACTED THOUGHT IS THE ULTIMATE EXAMPLE OF, "THE RUN AROUND".

IF MAN WAS A BIT FURTHER EVOLVED ALONG HIS PRESENT COURSE
HE WOULD NOW BEGIN THE REALIZATION THAT WHAT HE HAS ALWAYS REFERED TO AS:
MENTAL AND EMOTIONAL "PROBLEMS",
CAN ONLY EXIST IN THE PRESENCE OF DISTRACTED CONSCIOUSNESS.
...(WHICH, I'VE NOTED IS HIS CURRENT, NORMAL CONDITION,
WHICH THEREFORE, KEEPS HIM FROM REALIZING IT.)

ONE MAN'S SELF TREATMENT WAS:
"ALWAYS COUNT TO THREE."

ONE OF THE UN-THOUGHT-OF PROBLEMS REGARDING THE TRANSCENDENTAL QUEST IS THAT YOU CAN NEVER CLEARLY SEE A DESTINATION WHILE LOOKING WITH A DISTRACTED MIND.

ONE GUY'S GOVERNING PRINCIPLE WAS:

"COUNT TO THREE,

AND THEN -- FORGET ABOUT IT!"

ONE MAN ONE DAY MUSED:

"IS THE REASON THAT IT'S SO EASY FOR THOUGHTS TO BE DISTRACTED
IS TO COMPENSATE FOR HOW DIFFICULT IT IS FOR THIS TO HAPPEN WITH EMOTIONS?!"

...."I TOLD YOU TO FORGET ABOUT IT!", HE REMINDS.

THE ONE PRICE MOST PEOPLE CANNOT PAY FOR AN INCREASE IN THEIR CONSCIOUSNESS
IS THE GIVING UP OF THEIR NORMAL STATE OF MENTAL DISTRACTION,
AND ALL OF THE COMFORTABLE SELF-DECEPTION THAT GOES ALONG WITH IT.

WHAT ORDINARY MEN CALL "THINKING" IS SIMPLY THE DISPERSION OF THOUGHT.

CLOTHING

WEAR SOMETHING LOOSER ---
BUT IT MUST BE SOMETHING LOOSER OF YOUR OWN CHOICE.

SELECTION

NEVER GIVE 'EM A CHOICE.

WHAT IT IS TO BE REALLY DISTRACTED

NEAR THE TURN OF THE CENTURY, A CERTAIN MAN LEFT HIS HOME IN LONDON,
AND WENT OFF TO SEEK HIS FAME, FORTUNE AND PLACE IN THE PUBLIC WORLD;
HE HAD MANY EARLY ADVENTURES, AND SAW EXTRAORDINARY SIGHTS;
HE MARRIED AND RAISED A FAMILY, WHILE STILL ENJOYING THE PLEASURES OF
MORTAL EXISTANCE,
BUT THROUGHOUT IT ALL HE NEVER LOST A YEARNING FOR HIS ORIGINAL HOMELAND,
BUT IT WAS ONLY TWO YEARS AFTER HIS DEATH THAT HE MANAGED TO RETURN TO ENGLAND.
....NOW THAT MY FRIENDS, IS TRUE DISTRACTION, (IF YOU HEAR THE STORY CORRECTLY
...IT'S LIKE, YOU KNOW,
AN ALLEGORY.)

AND FINALLY, (AND NO ALLEGORY HERE):

TO INTERNALLY RESIST THE NATURAL FLOW OF LIFE IS PERHAPS
A MAN'S GRAVEST FORM OF SELF-DECEIT.