

HERE, FOR THE MOMENT, IS ANOTHER AD HOC MAPPING OF MAN FOR OUR PARTICULAR PURPOSE:  
YOU COULD SAY THAT THERE ARE TWO DISTINCT ASPECTS, PARTS, "SELVES" TO YOU:  
THE "ESSENTIAL ONE WHICH DIRECTS & LIVES YOUR INDIVIDUAL EXISTANCE,  
AND THE "NON-ESSENTIAL" ONE THAT CONTINUALLY COMMENTS-ON YOUR EXISTANCE,  
AND WHICH YOU GENERALLY TAKE TO BE YOU.

ALL THAT THE "HALF-A-PER-CENTERS" ARE AFTER IS FREEDOM FROM BEING CONSTANTLY  
BARGGED BY THE NON-ESSENTIAL ASPECT.

\* \* \*

WHEN LIVING MOMENTARILY IN EITHER THE PAST OR THE FUTURE,  
YOU AWLAYS FEEL EITHER PLEASED OR ANXIOUS,  
BUT WHEN YOU HOLD YOUR AWARENESS TO,  
AND LIVE ONLY IN  
THE PRESENT,  
YOU EXPERIENCE NO SUCH MENTAL EMOTIONS.

AS THE GENERAL IN CHARGE OF THE FIRING SQUAD SAID AS HE EXTENDED TO YOU  
A PACK OF SMOKES: "THE CHOICE IS YOURS."

\* \* \*

ANOTHER TESTING DEVICE:  
IF YOU THINK OF YOURSELF AS EITHER: "BEING LIKE THIS",  
OR: "BEING LIKE THAT",  
THEN THINK ABOUT THIS: YOU'RE BEING NOTHING !....  
...NOTHING UNFIED, STABLE & CERTAIN.

TO BE FULLY AWARE-&-REALIZED  
IS TO DWELL IN AN INNER PLACE OF: "NO ALTERNATIVES".

AND AS THE GENERAL CONTINUED TO HOLD THE CIGARETTES BEFORE YOU, HE AGAIN SPOKE:  
"THE CHOICE NOW FINALLY -- SEEMS TO BE YOURS."

\* \* \*

ONCE YOU HAVE COMMENTED ON A MATTER,  
AND GIVEN HEED TO YOUR COMMENT REGARDING THE MATTER,  
AN UNDERSTANDING OF THE MATTER THEN BEGINS TO HIDE FROM YOU.

\* \* \*

THERE WAS ONCE A BAND OF SEEKERS WHO AMONGST THEMSELVES REFERED TO THEMSELVES AS:  
 "THOSE WHO'VE ABANDONDED - "2 VIEWS"

*Themselves*

\* \* \*

WHEN PEOPLE GET SICK THEIR "PERSONALITY-TEMPERMENT" CHANGES,  
 AND WHEN THEY RECOVER, THEY GO BACK TO BEING LIKE THEY WERE BEFORE.

QUESTION: IS THIS AN IMPORVEMENT?

BETTER QUESTION: WHICH "PART" OF THEM TEMPORARILY CHANGED: THEIR ESSENTIAL PART,  
 OR THEIR "NON-ESSENTIAL"?

AND A BOY ASKED HIS FATHER: "WHEN I DIE, WILL I DIE -- "ALL OVER"? --  
 WILL BOTH MY BODY AND MIND DIE?", AND THE FATHER REPLIED: "FOOLISH BOY --  
 YOUR MIND IS ALREADY DEAD."

ANOTHER QUESTION: ARE YOU THE BOY, OR THE FATHER?

\* \* \*

ONE MAN GAVE UP THINKING OF HIMSELF IN SUCH TERMS AS: "BEING ASLEEP, DISTRACTED,  
 FOOLISH" ETC, AND RATHER SAID TO HIMSELF:

"THE RUNNING COMMENTARY WITHIN ME  
 HAS RUINED MY LIFE."

\* \* \*

BETWEEN THAT WITHIN YOU WHICH IS ESSENTIAL AND THAT WHICH IS NOT -- IS NO SEAM !  
 ...WHERE DID YOU GET THE IDEA THAT THERE IS?!

DEFINITION: TO BE INTERNALLY "MIS-LEAD", AND "ALWAYS-IN-A-FLURRY"  
 IS TO: "HAVE-A-SEAM".

AND A GIRL ASKED HER MOTHER: "WHAT IN ME IS ABSOLUTELY REQUIRED AND WHAT IS NOT?",  
 AND HER MOTHER REPLIED: "EVERYTHING IN YOU IS REQUIRED --  
 EVERYTHING IN YOU IS NEEDED FOR YOU TO "BE ALIVE", AND NORMAL.

NOW IF YOU'RE ACTUALLY ASKING ABOUT BECOMING FREE FROM THE INNER, MENTAL FLURRY,  
 THEN YOUR QUESTION IS MAL-FORMED.

EVERYTHING IN MAN -- INCLUDING THE CONSTANT, MENTAL FLURRY -- IS REQUIRED FOR  
 THEM TO LIVE A NORMAL, MORTAL LIFE, BUT THE "HALF-A-PER-CENTERS" HAVE AN ITCH,  
 (WHICH STILL LIVING NORMAL, EXTERNAL, PHYSICAL LIVES), TO LIVE AN INTERNAL ONE  
 FREE OF THIS NORMAL MENTAL FLURRY & RUNNING COMMENTARY.

...I TAKE IT THAT YOU'RE TURNING OUT TO BE A, "HALF-A-PER-CENTER", AND SHE SMILED,  
 AND PATTED THE GIRL ON THE HEAD. (ARE YOU THE GIRL OR THE MOTHER?!....)

ONCE YOU SEE MIND THROUGHLY AND CLEARLY,  
YOU KNOW YOURSELF -- THROUGHLY AND CLEARLY --  
SINCE MIND IS ALL THAT THE ROUTINELY PERCEIVED "SELF" IS !  
BUT MIND NEVER DIRECTLY SEES MIND --  
TO SUCCEED IN THIS VENTURE YOU MUST NOT SEE MIND AS YOU NORMALLY "SEE MIND",  
BUT SEE IT AS SOMETHING OTHER THAN THE OUTLET FOR THOUGHT.

\* \* \*

AND THEN THERE WAS ONCE A BAND OF SEEKERS WHO SECRETLY CALLED THEMSELVES:  
"THOSE WHO'VE ABANDONED ALTERNATIVES".

\* \* \*

HOW TO PROPERLY DISTINGUISH THAT WITHIN YOU WHICH IS IMPORTANT,  
FROM THAT WHICH IS NOT IMPORTANT:  
ALL THAT'S NECESSARY IS THAT YOU CONTINUALLY SAY TO YOURSELF:  
"IT'S NOT IMPORTANT IF I THINK ABOUT IT."

\* \* \*

NOTE: ONCE YOU'RE FREE FROM THE ILLUSIONS OF MEANINGFUL ALTERNATIVES --  
-- "THE CHOICE IS ALWAYS YOURS!".....  
....SINCE THERE IS NONE!.....  
....AND SINCE YOU FINALLY REALIZE IT!

AND THE REPRVIE THAT THE FIRING SQUAD GENERAL JUST HANDED YOU, READS:  
"A MAN WHO IS, "NOTHING-BUT-HIMSELF" -- AND WHO KNOWS IT --  
IS HEREBY RELEASED FROM CUSTODY, AND IS FRED FROM ALL  
USELESS INDECISIONS, AND UNCERTAINTIES.  
SIGNED: THE KING OF ALL IMAGINARY DOMAINS."

\* \* \*

ANY MAP THAT SHOWS ISTANBUL AND FREEDOM TO BE SOME WHERE OUTSIDE OF YOU IS A FRAUD  
ANY TEACHING THAT DIRECTS YOU AWAY FROM YOU TO FIND YOU IS A ROAD MAP TO HELL.  
... ANY IDEA THAT YOU HAVE ABOUT BEING OTHER THAN WHAT YOU ARE IS AN IDEA  
DIRECTLY FROM HELL. *Then*

AND THE MAN BEHIND THE COUNTER SAID: "OKAY, GET OUTTA HERE - THE MAP STORE IS  
CLOSED FOR THE DAY...AND YOU KIDS SHOULD STAY AWAY FROM HERE EVEN WHEN IT'S OPEN"

CAN YOU SEE, DO YOU REALIZE THAT EVERY THOUGHT THAT PASSES THRU YOU IS BASED ENTIRELY ON MEMORIES OF THE PAST -- EVEN THOUGHTS ABOUT THE FUTURE?!

DO YOU FURTHER REALIZE THAT YOUR WHOLE MENTAL CONCEPT OF "YOU" IS ONE FOUNDED TOTALLY ON MEMORIES?!

QUESTION: THEN JUST WHAT, WHO ARE YOU PRESENTLY?

PONDER: EVEN IF THERE IS AN ACTUAL "YOU", AS YOU NORMALLY PERCEIVE IT TO BE, THE WHOLE THING, THE WHOLE SHEBANG, IS SOMETHING THAT WAS FORMED FAR IN THE DISTANT PAST ....FAR TOO FAR IN FACT, TO BE OF CONTEMPORARY PERTINANCE! ...HOW MUCH RELEVANCE COULD SUCH A THING HAVE TODAY?!

PUT ANOTHER WAY: EVEN IF YOU ARE WHAT YOUR ACCEPTANCE OF YOUR COMMENTS ABOUT YOU LEAD YOU TO BELIEVE THAT YOU ARE, YOU'D STILL BE NO BETTER THAN A FAR-TOO-ANCIENT, "LEFT-OVER-SHADOW" OF SOMETHING THAT LONG AGO CEASED TO EXIST, (ASSUMING THAT IT EVER DID).

IN OTHER FINAL, "WORDS, WORDS": AT BEST, YOUR NORMALLY PERCEIVED "SELF" IS SOMETHING THAT IS DEAD AND ALREADY, "PASSED AWAY".

AND LASTLY, IN TUNEFUL TRIBUTE TO THE 1930'S,  
LET'S ALL RAISE OUR VOICES AND SING:

"WHAT IS THIS THING,  
CALLED -- "SELF"?!....."

TO LOOK INTO THE DEPTHS OF THIS QUESTION,  
AND TO FINALLY SEE ALL OF THE WAY THRU IT,  
TO DO THIS  
IS TO ACHIEVE ALL THAT YOU HAVE LONGED AND WORKED FOR.

...(BUT EVEN AFTER THAT: REMEMBER TO STAY OUT OF THE MAP STORES.  
ONCE YOU'RE SERENELY AND SILENTLY "AT HOME" -- NO FURTHER COMMENTS ARE NEEDED.