

THE NEWS FOR DECEMBER 28, 1998

WAKING UP IS NOT ACTUALLY ALL THAT HARD TO DO --
 THE MAIN DIFFICULTY IS EVER GETTING PAST & FREE FROM THE DESCRIPTIONS OF WAKING UP
 TO THINK, "I WILL NOT THINK" GIVES YOU SOMETHING NEW TO THINK ABOUT:
 TO SAY. "I WILL NOT SLEEP" SIMPLY INTROUCES NEW WORDS INTO THE SOUND OF
 YOUR SNORING.

TO EVER UNDERTAKE THE PURSUIT OF ANY NON-PHYSICAL GOAL,
 A VERBAL DESCRIPTION OF A GOAL MUST INTIALLY BE PROVIDED:
 TO EVER ACHIEVE THAT SPECIAL, NON-PHYSICAL GOAL OF AWAKING
 YOU MUST EVENTUALLY LIBERTAE YOUR CONSCIOUSNESS FROM ALL SUCH DESCRIPTIONS.

THIS IS SURE EASIER TO STATE THAN IT IS TO EXECUTE,
 FOR IF YOU THINK: "I WILL NOT THINK ABOUT ANY DESCRIPTIONS OF AWAKENING.",
 YOU HAVE SIMPLY ADDED THIS THOUGHT TO THE REPERTORY OF THINGS YOU THINK ABOUT.

AS DEVILISHLY FRUSTRATING AS THE SITUATION SOUNDS IN WORDS --

-- AND IS IN PRACTICE --

INDIVIDUALLY DISCOVERING YOUR OWN PERSONAL WAY OUT OF THIS CONSTRUCT OF MIRRORS
 WILL BE A DAY THAT WILL BE PERMANENTLY INSCRIBED IN YOUR MEMORY.

...BUT UNTIL THAT FATEFUL DAY, AT LEAST ENJOY & HAVE FUN WITH YOUR EFFORTS:
 AFTER ALL, IT IS NOT LITERALLY A MATTER OF LIFE OR DEATH,
 BUT RATHER YOUR OWN INDIVIDUAL SENSATION & SUSPICION OF WHAT IS LIKELY
 AN INTERNAL POSITION FROMWHICH LIFE IS LIVED MORE FULLY & LESS FRETFULLY.

WAKING UP IS NOT REALLY THAT HARD TO DO --

THE MAIN DIFFICULTY IS TO GET PAST & FREE FROM ALL DESCRIPTIONS AND IDEAS OF
 WHAT WAKING UP ACTUALLY IS.

SO: TRUE LIBERATION-OF-CONSCIOUSNESS CARRIES WITH IT
 FREEDOM FROM THINKING AND WORRYING ABOUT IT.

QUESTION: HOW CAN YOU TELL THE DIFFERENCE BETWEEN A FOOL & AN ENLIGHTENED MAN?

ANSWER: ONLY A FOOL WILL TRY

QUESTION: HOW DO YOU DISTINGUISH YOUR SLEEPING SELF FROM YOUR AWAKENED SELF?

ANSWER: YOU'RE ASLEEP WHENEVER YOU TRY.

THERE IS NO LASTING ESCAPE FROM A ROOM OF MIRRORS WHICH HAS NO DOORS OTHER THAN
 YOUR OWN OBJECTIVE RECOGNITION OF THE SITUATION.

THIS STAGGERING DISCOVERY IS THE TRUE LIBERATION OF AWAKENING,

....AND IT IS ALWAYS WAITING....JUST AROUND THE CORNER FROM WHERE YOUR MIND IS
 RIGHT THIS SECOND. WHAT A JOY THIS IS TO KNOW: WHAT A FRUSTRATION IT BE
 UNTIL FULLY EXECUTED. BUT REMEMBER: IT IS ALWAYS -- JUST AROUND THE
 VERY NEXT CORNER FROM WHERE YOUR MIND IS THIS VERY INSTANT.

SPELL FOR ME NOW THE WORDS "RELIEF" & "SOMETHING TO IMMEDIATELY DO".

THE WEATHER TODAY IN BANGKOK IS CLOUDY & MILD: IN BOGOTA, SUNNY & HOT.

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ANOTHER NON PERMANANT WAY OF TRYING TO LOOK AT THAT INTERNAL SITUATION IS THIS:
 THAT THE MIND IS NOT REALLY ANY PROBLEM, BUT RATHER THE THOUGHTS FOUND IN IT.--
 ...AND THAT THE THOUGHTS FOUND IN IT AREN'T ACTUALLY ANY PROBLEM,
 BUT RATHER YOUR MIND'S CONTINUALLY AFFIXING TO FIRST ONE, THEN ANOTHER.
 THE MORE YOU TALK ABOUT IT, THE MORE YOU THINK ABOUT IT,
 AND THE MORE YOU THINK ABOUT IT, THE MORE YOU TALK ABOUT IT.

THE NORMAL MENTAL CIRCUMSTANCES INWHICH MEN EXIST,
 AND AGAINST WHICH THE FEW REBELL,
 PRESENTS A TRULY SINGULAR PICTURE, (TO WIT, WE FIND):
 A MAN METAPHORICALLY "ASLEEP" IN HIS MENTAL CAPACITIES,
 WHOSE EVERY MENTAL ATTEMPT TO ESCAPE THEREFROM
 SIMPLY RE-ENFORCES THE SITUATION.

NEAT, HUH?! -- BUT NEATER STILL IT IS TO BECOME PERSONALLY COGNIZANT OF THIS
 CONFUSING, "GOING-NO-WHERE" MISH-MASH THAT MEN ARE SUPPOSED TO PASSIVELY ACCEPT AS
 THEIR, "NORMAL MENTAL CONDITION".

WHEE! -- WHAT A JOY TO BE FREE.

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IN YESTERDAY'S GAMES: THOSE TEAMS WITH THE HIGHEST SCORES WERE DECLARED THE WINNERS
 AND THOSE WITH THE LOWEST, THE LOSERS.

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IN THE WORLD OF THOUGHTS,
 THE COMBINATION OF ANY AVAILABLE WORDS
 INTO ANY POSSIBLE IDEAS
 CAN BE PERCEIVED BY THE MIND AS EITHER: REASONABLE & TRUE, OR FOLLISH & FALSE,
 WHICH IS TO NOTE THAT THERE EXISTS NO OBJECTIVE BASIS ONWHICH TO TALLY ANY SCORES
 FROM ANY MENTAL GAMES & ACTIVITIES:

ANY THOUGHT CAN BE
 WHATEVER YOU THINK IT SHOULD BE
 AT THE MOMENT YOU GRASP ON TO IT.

THUS, THE AWAKENED MAN RELIES NOT ON THOUGHTS,
 AND HAS CONFIDENCE ONLY IN A CLEAR, UNATTACHED MIND.

ALWAYS PLACE YOUR BET ON THE ACTION OF VERBS, NEVER ON STAGNANT NOUNS.

TODAY'S FARM REPORT REVEALS THAT AREAS OF CLEAR SKIES ARE THE MOST PRODUCTIVE, WHILE THOSE WHERE CONDITIONS ARE BUSY ARE THE LEAST.

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AT FIRST YOU ATTEMPT TO TAME A TIGER BY TETHERING IT TO A FIXED POST, BUT AS YOUR UNDERSTANDING OF AFFAIRS RIPENS YOU GAIN CONTROL OF THE SITUATION BY SETTING IT FREE --BY GIVING UP ALL OF YOUR CONCERNS ABOUT THE BEAST, AND ALLOWING IT TO, (AS PER ITS NATURE), RUN FREE.

VERBS, (UNTIL YOU ATTEMPT TO HOLD THEM), OFFER NO DANGER TO THE ALERT: THE PERCEPTIVE MAN RESIDES CALMLY IN THE LAND OF UN-MOVING MIND -- -- THE SUPREME, METAPHORICAL: "NOUN-OF-NOUNS".

....OR IN MORE PHYSIOLOGICAL TERMS: FOCUS ON THE BRAIN ITSELF -- NOT ON THE NOISE IT MAKES IN THE COURSE OF ITS NORMAL OPERATIONS.

REMEMBER: IT DOESN'T REALLY MATTER WHAT YOU THINK ABOUT JUST AS LONG AS YOU DON'T THINK ABOUT ANYTHING IN PARTICULAR.

THE ORDINARILY RELIGIOUS, (WHOSE THINKING THEY TRY TO CONFORM TO SOME ESTABLISHED SET OF IDEAS EXTERNAL TO THEIR OWN MIND), ARE GIVEN TO SAY THAT:

"THE GODS HATE SIN, BUT LOVE THE SINNER.", WHILE THE CLEAR HEADED WOULD SILENTLY NOTE THAT: "I LOVE MY MIND, BUT HAVE NO TASTE FOR THE ACTIVITIES NORMAL TO IT."

AND ANOTHER CRY WAS HEARD: "I HAVE NO TROUBLES AT ALL AS LONG AS I STAND -- PERFECTLY STILL."

IN TOMORROW'S RACE: THE VICTOR CAN BE EITHER HE -- WHO: NEVER STOPS -- OR: HE WHO NEVER MOVES: FROM MOMENT-TO-MOMENT, IT ALL DEPENDS ON WHICH "CAR-OF-UNDERSTANDING" YOU'RE TEMPORARILY SITTING IN.

IF THERE WAS REALLY ANY SINGLE, PERMANENT WAY OF DOING THIS THING, THEN EVERYONE COULD DO IT EASILY....AND PLUS, IT WOULDN'T BE NEAR AS MUCH FUN AND INTERESTING.

AT THE CLOSE OF TODAY'S MARKET: THOSE STOCKS MOST DESIRED WERE THE COSTLIEST:
THOSE THE LEAST WANTED, THE CHEAPEST.

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THERE WAS ONCE A KING WHO FOR MANY YEARS WAGED WAR AGAINST A CERTAIN FOE
WITHOUT EVER ACHIEVING A CONCLUSIVE VICTORY:

HE EVENTUALLY CAME TO REALIZE HIS MISTAKE AS BEING HIS ASSAULT ON THE
SOLDIERS THEMSELVES

RATHER THAN THEIR ABILITY TO DISTRACT HIM,
AND LEAD HIM INTO TOTALLY FUTILE ENGAGEMENTS.

AND THE COMMAND WENT OUT:

"DON'T SHOOT AT THE FIGURES -- AIM AT THEIR MOVEMENTS."

THUS, THE ENLIGHTENED MAN DOES NOT FOCUS ON THOUGHTS, BUT RATHER ON MIND --
-- AND NOT A MIND BESMIRCHED BY THOUGHTS --

BUT A MIND CLEAN & PRESTINE,
AND LOCATED NO PLACE IN PARTICULAR.

IN THE GREAT METAPHYSICAL SKEET SHOOT:

YOU CAN NEVER MORTALLY WOUND A MOVING TARGET,
AND THE ENLIGHTENED GUNSMAN DOESN'T EVEN TRY.

ONLY DEAD BUTTERFLIES CAN BE PINNED TO A TROPHY BOARD:
WHO WANTS SUCH A LIFELESS SOUVENIR?!

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IN TODAY'S OBITUARY COLUMN WE FIND ONLY THE NAMES OF THOSE WHO LACKED THE WILL TO --
-- GO ON.

(P.S.: YOU WILL FOREVER BE SHORT OF SUCH WILL UNTIL YOU RECOGNIZE THE
TOTAL FUTILITY AND "GO-NO-WHERENESS" OF ALL SUBJECTIVE MENTAL ACTIVITY.

ONLY DEAD IDEAS CAN BE PINNED DOWN,
AND ONLY YOUR ATTACHMENT THERETO CAN PIN YOU DOWN.

IT IS NOT THE NOUN THAT HOLDS YOU, BUT THE MISUNDERSTOOD VERBS.

AND A CRY WAS HEARD: "I DO NOT REGRET THAT I HAVE BUT ALL OF THESE MANY THOUGHTS
TO SACRAFICE TO MY ENDEAVOR: I AM JUST THANKFUL THAT I REALIZED IN TIME
THE ESSENTIAL COMRADERY OF MY UNEMCUMBERED MIND."