

THE NEWS FOR FEBRUARY 20, 1999

AT THE CONCLUSION OF HIS REMARKS,
 INWHICH HE'S ADMITTED THE IMPOSSIBILITY OF PRESENTING AN ADEQUATE VERBAL EXPLANATION
 FOR THAT INNER ACTIVITY THAT SO CONSUMES THE FEW SEEKING ANOTHER STATE OF AWARENESS,
 SOMEONE ASKED THE SPEAKER:

"WHAT CAN YOU SAY AFTER YOU'VE SAID THAT THERE'S NOTHING ELSE TO SAY?!",
 AND THE COMMENTATOR RESPONDED:

"ANYTHING YOU WANT, FOR JUST AS WITH THE MIND ITSELF,
 NO MATTER THAT IT MAY HAVE BEEN EVERY WHERE IT BELIEVES TO EXIST,
 IT DOES NOT STOP BECAUSE OF THAT.",

THE MAN WHO'D ASKED THE QUESTION PONDERED THIS REPLY FOR A MOMENT, THEN ASKED:
 "DOES THAT MEAN THAT WHEREVER THE MIND MAY GO AFTER THAT IS PROFITABLE?",
 "I DIDN'T SAY THAT.", RESPONDED THE SPEAKER, "I DIDN'T SAY THAT."

I WOULD SUGGEST TO YOU MY GOOD MAN, THAT YOU LOOK INTO YOUR OWN MIND,
 AND DETERMINE FOR YOURSELF WHAT ACTIVITY OCCURS THEREIN THAT IS OF ACTUAL BENEFIT.
 ONCE YOU HAVE DONE THAT, THEN -- RELAX-AROUND-YOUR-MIND,
 AND JUST ENJOY THE RIDE.

IF YOU WRESTLE WITH YOUR ATTENTION, IT BECOMES AN UNCOMFORTABLE COMPANION,
 BUT IF YOU FREELY ACCEPT IT FOR WHAT IT IS.
 YOUR COMPLAINTS THEREWITH WILL DISAPPEAR,
 & YOU'LL BE SET LOSE TO BE YOUR ORIGINAL, EMPTY, CURIOUS & PLEASANT SELF."

* * *

THERE WAS ONCE A MAN WHO WAS, HARD-OF-SEEING, AT TIMES, ALMOST BLIND.
 HE HAD A FALCON WHICH WOULD FLY ABOUT, ACTING AS HIS SURROGATE EYES.
 WHATEVER THE FALCON SAW WOULD REGISTER IN THE MAN'S MIND,
 AND ON SUCH THINGS, THE MAN WOULD PONDER.

FOR A WHILE THE MAN ACCEPTED THE SITUATION AND THE INFORMATION IT PROVIDED,
 (SINCE HE HAD NOTHING BYWHICH TO COMPARE IT),
 BUT THEN HE BEGAN TO TOY ABOUT WITH LETTING WHAT THE FALCON SAW
 REGISTER IN HIS MIND, BUT WITHOUT HIM GIVING PERSONAL REFLECTION THERETO,
 AND WHILE SUCH A COURSE HAS NO COMMON RECOMMENDATION,
 HE FOUND IT FRAUGHT WITH SUPRISING DELIGHTS AND REVELATIONS.

ALTHOUGH YOU CAN PROPERLY SAY TO THE ALERT THAT A NECESSARY TRICK IS TO:
 "BE CONSCIOUS OF CONSCIOUSNESS", OR TO ALWAYS: "BE THINKING ABOUT THINKING",
 IT CAN ALSO BE SUITABLY SAID THAT A USEFUL APPROACH IS TO:
 "MENTALLY IGNORE ALL MENTAL ACTIVITY".

AND TO THOSE WITH THEIR EARS-APPROPRIATELY-ON,
 IT MAY BE FURTHER STATED THAT:
 "AN AWAKENED MAN ALLOWS NO OUSTIDE CIRCUMSTANCES TO INFLUENCE HIS AWARENESS."
 BUT IT CAN JUST AS RIGHTLY BE NOTED THAT:
 "AN AWAKENED MAN'S CONSCIOUSNESS IS COMPLETELY OPEN TO WHATEVER MAY BE THE
 EXTERNAL CONDITIONS."

LOOK UPON THE POTENTIAL SAILING ARRANGEMENTS AVAILABLE FROM THE PORT ATWHICH
 YOU NOW STAND:

"TIGHT SHIP -- LOOSE CARGO.
 LOOSE SHIP -- TIGHT CARGO.
 LOOSE SHIP -- LOOSE CARGO."

SO LONG AS YOU ATTEMPT TO GRAPLE-WITH ATTENTION,
 AND FORCE IT TO, "STAND OVER HERE.", OR TO, "STAY OVER THERE.",
 IT WILL FOREVER "SLIDE AROUND", AND CONTINUALLY, "SHIFT" ON YOU,
 CAUSING YOUR SHIP TO NEEDLESSLY, "ROLL AROUND".

WAVES ARE EVERY WHERE:
 AFTER EACH ONE, COMES ANOTHER,
 AND NONE ARE MORE SIGNIFICANT THAT ANY OTHER,
 AND AFFIXING YOUR ATTENTION, FROM MOMENT TO MOMENT,
 ON ANY PARTICULAR ONE MERELY -- BLINDS THE FALCON.

WHEN THE MIND IS DEALING WITH A SPECIFIC, PHYSICAL PROBLEM OR QUESTION,
 ATTENTION MUST BE FOCUSED ON THAT ONE AREA AND HELD THERETO,
 AND THIS BASIC NECESSITY SEEMS TO BLEED OVER INTO MAN'S OTHERWISE,
 EVERYDAY, NON-SPECIFIC MENTAL ACTIVITY
 CAUSING HIM TO ACCEPT, "AFFIXED ATTENTION" AS THE ACCEPTABLE NORM.

THE MIND, STOPPING, SECOND-BY-SECOND, LETTING ATTENTION BE FIXED,
 FIRST HERE, THEN THERE,
 IS THE SAME AS MAKING THE FALCON LOOK WITH BUT ONE EYE.

IF YOU WOULD BE FREE -- FREE THEN YOUR OWN ATTENTION,
 AND THE CONSCIOUSNESS YOU SEEK WILL FOLLOW.