

THE NEWS FOR FEBRUARY 27, 1999

YOU CAN ATTEMPT TO TALK ABOUT THIS ACTIVITY EITHER PLAINLY, OR ALLEGORICALLY:
IF YOU DO SO ALLEGORICALLY, THERE IS NO LIMIT TO WHAT CAN BE SAID,
IF YOU DO SO PLAINLY, THERE IS LITTLE THAT CAN BE SAID.

NOW -- APPLY THIS TO YOUR THINKING ABOUT THIS UNDERTAKING,
WHILE ALWAYS REMEMBERING THAT ULTIMATELY:
THE LESS SAID & THOUGHT, THE BETTER.

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CONSIDER ATTENTION A WINDOW THROUGHWHICH YOU OBSERVE LIFE...
A WINDOW THAT BECOMES CLOUDY WHEN YOU HEED SOME PASSING THOUGHT'S COMMENT
ABOUT WHAT YOU'RE OBSERVING.

A WINDOW'S JOB IS TO GIVE YOU A CLEAR VIEW OF LIFE, NOT TO COMMENT THEREON.
AND FURTHER NOTE: THIS WINDOW CAN ALWAYS BE OPENED JUST A BIT MORE THAN IT IS
AT ANY GIVEN MOMENT
OF WHAT POSSIBLE USE TO AN AWAKENED MAN IS A WINDOW THAT TALKS?!

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IF A MAN FEELS THE NEED FOR A SPECIFIC TASK, LET IT BE THIS:
TO SILENTLY OBSERVE THE LIFE HE LEADS.

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TRYING TO CONTAIN, CONTROL, AND STAMP OUT THOUGHT
MAY NOT BE THIS UNIVERSE'S MOST PROMISING UNDERTAKING.

YOUR WINDOW IS ALREADY THERE AND FUNCTIONAL,
AND TRYING TO RECONFIGURE IT TO FIT THE PASSING COMMENTS OF THOUGHTS
IS TO TURN ENLIGHTENING REALITY INTO DELUSIVE DREAMS.
LET GO AND ALLOW ATTENTION TO REALIZE ITS LIBERATING POTENTIAL,
THAT OF BEING A WIDE-EYED, OPEN MINDED, OBJECTIVE WINDOW ON THE WORLD.

IT IS THROUGH HERE THAT ONE DISCOVERS THE ESSENCE OF AWAKENING.

ATTENTION AFFIXED IS ATTENTION SQUANDERED.

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TO BELONG TO SOME MYSTICAL TRADITION IS TO HAVE A PLACE TO STAY:
IF YOU HAVE A PLACE TO STAY, YOU'RE NEVER AWAKEN.

THE CRAVING OF THE MIND TO THINK IS THE PLACE WHERE EVERYONE TENDS TO STAY,
THEREFORE: BE MENTALLY, BUT A VISITOR:

LET YOUR ATTENTION ALWAYS JUST BE, PASSING THROUGH",
SAME IS AS TRUE REGARDING THOUGHTS.

AS CONCERNS ATTENTION, YOUR MOTTO SHOULD BE:

"IF I STOP -- I'M A DEAD MAN.",

(WHICH FROM OUR VIEW IS MORE FACT THAN METAPHOR.).

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THE MIND IS LIKE AN AUTOMOBILE THAT IS ONLY HAPPY WHEN MOVING:
AN ENLIGHTENED MAN IS LIKE A MAN WHO IS ONLY HAPPY WHEN STILL -- MENTALLY STILL.

TO "BE AWAKE" IS TO BE AWAKE TO NOTHING:

TO "BE ASLEEP" IS TO BE ASLEEP TO EVERYTHING:

THUS THE MYTHICAL KNIGHT IS IN SEARCH OF BUT ONE DAMSEL,
BUT IS HOUNDED BY A HUNDRED DRAGONS ON HIS TRAIL,
(THE "HUNDRED DRAGONS" BEING ALL OF THE THOUGHTS THAT CLOUD YOUR VISION,
AND ABILITY TO FIND THE FAIR MAIDEN.)

EVEN THOUGH THE NATURAL CRAVING OF THE MIND IS TO FEEL ITSELF IN MOTION
BY VIRTURE OF BEING THE MEDIUM THROUGHWHICH ENDLESS THOUGHTS PASS,
YOU'LL BE SURPRISED TO DISCOVER HOW PLEASANT IS THE STATE OF BARE,
UN-MOVING ATTENTION .

IT IS A CONDITION NOT NATIVE TO MAN'S MIND,
AND THUS ITS ACHIEVEMENT SEEMS ARDUOUS, COMPLEX AND EVEN UN-NATURAL.

SO WHAT CAN BE SAID ABOUT A MAN WHO WOULD MENTALLY BE
AN UNCOMMITTED, FREE FLYING FALCON?! --

-- A MAN WHOSE ATTENTION IS CAPTIVE OF NAUGHT?!

WHAT CAN BE SAID OF SUCH A MAN OTHER THAN: "HE HAS FOUND THE MARK"

THE WORST HANGOVER KNOWN TO THE AWAKENED
IS IN THEIR AWARENESS OF THE RESIDUAL EFFECTS AFFIXED ATTENTION HAS ON THEIR
STATE OF CONSCIOUSNESS.

PUT SIMPLY: IT IS SICKENING, AND
IF THIS STRIKES YOU AS AN OVER-STATEMENT
THEN YOU YET LACK THE FULL AWARENESS OF THE SITUATION.

CAPTIOUS THOUGHT DOES TO ATTENTION
WHAT A THREE DAY RIDE DOES TO A STALLION.

IF THEY HAPPEN TO TAKE MOMENTARY NOTICE:
ORDINARY MEN WILL ATTRIBUTE THEIR MENTAL AGGITATION TO, "BOREDOM",
WHEREAS A BETTER TELLING OF THE CIRCUMSTANCES IS SIMPLY THAT
MAN'S MIND HAS AN INSATIABLE CRAVING TO THINK AND COMMENT:
IT WANTS TO BE RIDDEN HARD EVEN THOUGH ITS EXERTIONS LEAD NO WHERE
OUTSIDE OF ITS OWN IMAGINED UNIVERSE.

RELATED DEFINITION:

THE AWAKENED ARE THOSE WHO COULD NO LONGER TOLERATE THEIR "MOTION SICKNESS" --
THEIR UNSEEN, INTERNAL, MENTALLY BASED, "MOTION SICKNESS".

THE SOLUTION OF COURSE IS OBVIOUS: BE STILL,
AND, "BE STILL" IN THE ONE PLACE SUCH IS POSSIBLE: IN YOUR ATTENTION:
IN YOUR SILENT OBSERVATIONS OF LIFE AS IT UNFOLDS, SECOND BY SECOND.

IT IS A CONSTANT SUPRISE AND JOY TO CONTINUALLY RE-DISCOVER HOW NATURAL IS
A STATE OF INNER PEACE & QUIET WHEN ATTENTION IS NOT IN THE GRIP OF THOUGHT,

THERE EXISTS A REAL VIEW FROMWHICH IT CAN BE TRUTHFULLY SAID THAT:
TO AWAKEN, THE ULTIMATE EFFORT IS IN -- RELAXING -- JUST RELAXING.
...(DO YOU KNOW WHAT I'M TALKING ABOUT?!)

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THE GREATEST MYSTICAL TEACHER EVER PRESENT IN THIS UNIVERSE IS -- SILENCE,
THE SILENCE THAT COMES WITH UNFETTERED ATTENTION:

EVERYTHING YOU WANT TO KNOW IS THERE:

EVERYTHING YOU CAN KNOW IS CONSTANTLY AWAITING YOUR DISCOVERY THEREIN

THERE IS A REASON THAT FALCONS DON'T TALK: IT INTERFERS WITH THEIR SIGHT,
AND THERE IS A REASON THAT THE AWAKENED SAY NOTHING ABOUT THEIR AWAKENING,
FOR WHEN THEY DO SO, THEY AGAIN -- SLEEP

IT'S ALL QUITE SIMPLE...WHEN YOU HAVE THE QUIET, OPEN ATTENTION OF THE FALCON