

MY NEWS FOR MARCH 29, 1999

TONIGHT'S NEWS WILL DEAL EXCLUSIVELY WITH A REPORT I RECEIVED OVER THE WEEK-END REGARDING THE DISCOVERY OF THE RUINS OF AN ANCIENT MONESTARY ON A FAR AWAY, HIGH, REMOTE MOUNTAIN TOP, AND MORE SPECIALLY WITH FRAGMENTS OF CLAY WRITING TABLETS ONWHICH THOSE WHO ONCE LIVED AND WORKED THERE WROTE DOWN THEIR PERSONAL OBSERVATIONS CONCERNING THEIR STRUGGLE TO AWAKEN THEIR CONSCIOUSNESS FROM ITS SLUMBERING STATE.

IT HAS NOT BEEN DETERMINED WHO THESE PEOPLE WERE; WHEN THE SCHOOL WAS IN OPERATION, NOR WITH WHAT KNOWN MYSTICAL DISCIPLINE, (IF ANY), THEY WERE AFFILIATED. NOTE: INSTEAD OF USING JUST THE TERMS NOW COMMONLY IN USE, OF A MAN "BEING ASLEEP" OR "BEING AWAKE", THEY OFTEN REFERED TO THESE CONDITIONS AS: "LOSING YOUR MIND", AND, "FINDING, OR RETRIVING YOUR MIND".)

"IF YOU THINK OF YOUR MIND AS SEPERATE FROM YOUR BODY --  
-- THAT IS YOUR INITIAL MISTAKE: ONCE SUCH A FALSE STEP IS TAKEN, AFTER THAT EVERYTHING BECOMES GARBLED & CONFUSED, AND YOUR PERCEPTION OF LIFE, DISTORTED.

BUT IT IS NEVER TO LATE FOR:  
'THE BIG TURNAROUND'."

\* \* \*

"DO NOT THINK IN ABTSRACTIONS, OR IN THEORETICAL, 'WHAT IF'S':  
LET YOUR THOUGHTS DEAL ONLY WITH THINGS --- PHYSICALLY PRESENT.

\* \* \*

"YOU CANNOT 'FIND-YOUR-MIND', (WAKE UP), JUST IN YOUR MIND:  
IT AT FIRST SEEMS SO, BUT THIS IS WRONG:  
YOU MUST 'WAKE UP CONSCIOUSNESS' ALL OVER YOUR ENTIRE BODY.

IF YOU REMAIN STUCK ON THE NOTION THAT THE AWAKENING IS STRICTLY AN AFFAIR OF THE HEAD, YOU WILL FOREVER STAY JUST OUT OF REACH OF THE FULL POTENTIAL OF THIS ACTIVITY.

I CHEERISH EVERY LITTLE THING THAT I HAVE TO DO FOR THEY ALL AFFORD ME THE NEVER-ENDING OPPORTUNITY TO BE: CALM AND DELIBERATE,  
A CONDITION, MOST CONDUSIVE TO THE SPREAD OF CONSCIOUSNESS THROUGHOUT MY BEING

"I SEE NOW THAT ALL I UNDERSTAND NOW, I 'KNEW' LONG AGO."

\* \* \*

'THE WANT TO AWAKEN IS AN ILLNESS OF THE MIND:  
AN ILLNESS BROUGHT ON BY -- EXCESSIVE MENTAL ACTIVITY:  
THINKING THAT IS NEEDLESSLY JERKY AND FRENZIED."

\* \* \*

"WHEN MY MIND IS 'LOST'  
IT IS THEN AS THOUGH MY HANDS, (AND OFTEN MY FEET),  
MIGHT AS WELL BELONG TO ANOTHER PERSON."

\* \* \*

"THE DISTRACTED, SLEEPING AND LOST MIND DEALS IN A WORLD OF, 'SLAP-DASH':  
THE CURE, (SAME AS FOR THE CURE FOR SLEEP & DISTRACTION ITSELF) IS TO:  
BE DELIBERATE:  
TO BE CALM, COOL AND CALCULATINGLY DELIBERATE IN EVERYTHING YOU DO."

\* \* \*

"THERE IS ONE THING, AND ONE THING ONLY THAT MAKES SOME PEOPLE WANT TO "AWAKEN"  
AND IT SIMPLY IS: WHAT GOES ON IN THEIR MIND WHEN IT IS NOT UNDER THEIR  
WATCHFUL EYE.

I HAVE FOUND THAT THE BEST WAY FOR ME TO STAY ALERT & PREPARED FOR AWAKENING  
IS TO CONTINUING -- SCRUTINIZE MY FINGERNAILS."

\* \* \*

"TO ACHIVE THE GOAL I SEEK, I DO NOT HAVE TO, 'GO-FROM-HERE-TO-THERE' --  
OR TO 'GO' ANYWHERE:  
BUT RATHER ALL I NEED DO IS 'MOVE' -- EXPAND MY CONSCIOUSNESS FROM JUST MY HEAD  
TO MY ENTIRE BODY."

\* \* \*

"I REALIZE NOW THAT I AM NOT WHAT I HAVE ALWAYS TAKEN MYSELF TO BE."

"IF YOU CAN LOSE WHAT SATISFACTION YOU HAVE NOW -- YOU HAVE NONE."

\* \* \*

"I HAVE FINALLY COME TO CLEARLY REALIZE THAT IF YOU STAY IN ONE PLACE TOO LONG YOU WILL PETRIFY THERE."

\* \* \*

"I CAN TELL WHEN I AM ABOUT TO EXPERIENCE A NEW BREAK THOUGH IN MY UNDERSTANDING:

FIRST I GET AN EXCITED TINGLE JUST BELOW WHERE I FEEL MY MIND TO BE: THEN IT FEELS LIKE MY MIND WANTS TO BURST OUT OF MY SKULL, WHICH IS QUICKLY FOLLOWED BY THE SENSATION THAT MY MIND WANTS TO -- -- BURST OUT OF ITSELF.

I FIND THAT ALL OF THIS ALWAYS FORTELLS OF ADDITIONAL AWAKENING."

\* \* \*

"WHAT IF THE MIND DOES NOT EXIST AS AN ACTUAL, SEPERATE ENTITY, BUT IS JUST THE BODY'S MONITORING OF ITSELF?!"

MY BODY & MIND SIMPLY CANNOT BE, 'SEPERATE ENTITIES', AND I MUST ABANDON THINKING OF THEM AS SUCH."

\* \* \*

"ALL THAT I LONG FOR IS LOST IN MY NEEDLESS HASTE, AND IN MY IGNORING MY CIRCUMSTANCES.

TO 'LOOK FAR AWAY' IS TO PERISH: SLOWLY AND GRADUALLY, BUT TO 'PERISH', NONETHELESS."

\* \* \*

"WATCH WHERE YOU PUT YOUR HANDS -- BUT MORE IMPORTANT: WATCH WHERE YOU PUT YOUR MIND, FOR IF YOU DO THAT THEN YOU WILL AUTOMATICALLY, 'WATCH-WHERE-YOU-PUT-YOUR-HANDS'."

\* \* \*

"WHAT I ONCE TOOK TO BE PLAIN AND OBVIOUS, I NOW SEE AS ODD AND SUPRISING....  
...AND AM ODDLY SUPRISED I DID NOT SEE IT BEFORE."

"I SEE NOW THAT TO, 'BE ASLEEP' IS TO -- BE-IN-A-HURRY.--  
AND THAT ALL 'HUMAN HURRY' IS NEEDLESS AND ACCOMPLISHES NOTHING.

\* \* \*

"IF YOU ARE GOING TO FIND FAULT WITH WHAT OTHER PEOPLE SAY --  
-- DO NOT LISTEN TO THEM."

\* \* \*

"IF IT WAS NOT FOR MY THINKING -- WHICH CAUSES ME TO, 'LOSE-MY-MIND' --  
I COULD BE FULLY CONSCIOUS -- ALL THE TIME."

\* \* \*

"IF, ON A MONDAY, YOUR MIND IS STILL ON THINGS YOU THOUGHT ABOUT LAST WEEK,  
YOU HAVE WASTED SIX DAYS OF YOUR LIFE."

\* \* \*

"THE WORST THING THAT A MAN WITH MY INTENTIONS CAN DO IS TO  
BEND OVER TO PICK UP AN OBJECT AND LOOK OFF SOME PLACE ELSE."

\* \* \*

"TAKE YOUR LESSON NOT FROM SOME MYSTICAL TEACHER, BUT RATHER FROM A  
BIRD...OR A CAT --  
FOR THEY ARE CONSCIOUS, 'ALL OVER' -- NOT JUST IN THEIR HEADS."

\* \* \*

"IF IN YOUR MIND, YOU RESIST ANYTHING YOU HEAR OR READ  
YOU MOMENTARILY LOSE YOUR MIND,  
...AND DONE OFTEN ENOUGH, YOU BECOME PERMANENTLY -- SENSELESS."

\* \* \*

"IF YOU ARE NOT LOOKING DIRECTLY AT THE MOMENT & PLACE YOU ARE IN,  
YOU BECOME BLIND, AND CAN UNDERSTAND NOTHING."

\* \* \*

"I AM PRESENTLY AT A PLACE WHEREAT I SUSPECT THAT MY MIND STAYS LOST  
NOT BECAUSE OF MY DISTASTE FOR SLEEP, BUT RATHER FOR MY PREDILECTION FOR  
ENLIGHTENMENT.

WHAT A SITUATION -- TO BE VICTIM OF MY OWN GOOD INTENTIONS."

"CHANGES IN CIRCUMSTANCES, WHICH BRING TO US, AND TAKE FROM US,  
ALL THAT WE EVER POSSESS, LACKS POWER OVER ONE THING:  
YOUR DETERMINATION TO NOT - LOSE YOUR MIND."

\* \* \*

"IT IS DIFFICULT TO GET A MAN TO UNDERSTAND A THING  
IF SUCH UNDERSTANDING WOULD UNDER-MINE THE DECEPTIONS ABOUT LIFE AND HIMSELF  
INWHICH HE PRESENTLY LIVES."

\* \* \*

"IT SOME TIMES SEEMS TO ME THAT SLEEP, (AS WE SOME TIMES CALL IT HERE),  
IS NECESSARY FOR ORDINARY MEN  
LEAST THE, 'LOSING-OF-THEIR-MIND' WOULD CAUSE THEM TO LOSE THEIR MIND."

\* \* \*

"IF WHAT YOU BELIEVE THAT YOU 'KNOW' DID NOT COME FROM WITHIN YOU THEN THE 'KNOWLEDGE' IS MEANINGLESS. WHEN MY MIND IS NOT 'LOAST, I RECOGNIZE THAT I -- ONLY HAVE MYSELF."

\* \* \*

"WHEN I LET MY ATTENTION WANDER, AND I MOMENTARILY, 'LOSE MY MIND', I ALSO LOSE THE REST OF ME." .....I LOSE -- ALL OF ME."

\* \* \*

"TO 'STAY ALIVE' IN THE ONE, REAL WORLD, DO EVEN THE SMALLEST OF TASKS WITH, EVER-MINDFUL, SLOW & CALM DELIBERATION: GIVE EVEN THE LEAST OF YOUR EFFORTS YOUR FULLEST ATTENTION."

\* \* \*

"WHEN YOUR THOUGHTS STRAY FROM THE HERE-&-NOW YOU INEVITABLY FEEL THAT CONSCIOUSNESS RESIDES SOLELY IN YOUR HEAD."

\* \* \*

"NOW THAT I UNDERSTAND HOW TO KEEP FROM, 'LOSING-MY-MIND' WHENEVER I LOOK IN A MIRROR I SEE NO ONE I COULD DESCRIBE."

\* \* \*

"I HAVE GOT TO GET MY CONSCIOUSNESS FREE FROM MY MIND: I CAN HEAR IT SAYING: 'LET ME OUT OF HERE: OUT OF THIS SMALL PLACE OF NEEDLESS CONFINEMENT.' CONSCIOUSNESS NEEDS TO BE FREE: FREE TO EXIST IN ME -- ANY WHERE IT WANTS TO."

\* \* \*

"THE ONLY, 'FAILURE' POSSIBLE IN THE STRUGGLE TO AWAKEN IS TO NOT DO ... WHAT YOU -- CAN DO AT THIS VERY INSTANT."

\* \* \*

"IF YOU ARE NOT AWAKE -- ALL OVER -- YOU ARE NOT AWAKE."  
LOOK AT YOUR FINGERNAILS