

MY NEWS FOR MARCH 31, 1999

SINCE LAST I SPOKE TO YOU, I HAVE RECEIVED ADDITIONAL REPORTS REGARDING THE FRAGMENTED CLAY WRITING TABLETS FOUND IN THE RECENTLY DISCOVERED RUINS OF THAT UNIDENTIFIABLE MONESTARY WHICH OBVIOUS, AT ONE TIME, WAS DEVOTED TO THE SAME AIM THAT EVEN NOW BRINGS US TOGETHER:

AND IN THIS LATEST COMMUNIQUE IS A QUOTE FROM ONE OF THESE LONG FORGOTTEN MEN DISCOVERED ON A MUCH LARGER PIECE OF THIS LITERARY POTTERY THAN THOSE ABOUTWHICH I PREVIOUSLY REPORTED TO YOU.

THIS NOTATION, IN GREATER DETAIL, TURNS ITS ATTENTION TO THE MATTER OF MAN'S ONENESS -- HIS UNDIVIDED, "WHOLENESS" -- AS OPPOSED-TO, AND CONTRASTED-WITH WHAT COMMONLY SEEMS TO BE HIS CONDITION, OTHERWISE.

"I AM NOW AT THIS PLACE IN MY EFFORTS:

MY LATEST PERSONAL ACTIVITY IS IN TRYING TO STOP MY ATTACKS ON MY MIND, AND TO SEARCH FOR ITS BENEFICIAL ATTRIBUTES:

IT IS INITIALLY PROVING TO BE A FORMIDABLE UNDERTAKING, FOR WHENEVER I THINK;

'I WILL ABANDON FINDING FAULT WITH MY MIND.',

IT IS MY MIND SAYING IT,

AND LIKEWISE WHENEVER I SAY TO MYSELF;

'I WILL LOOK ONLY FOR THE POSITIVE POSSIBILITIES OF MY MIND.',

IT IS MY MIND SAYING IT.

WHERE -- IN ALL OF THIS IS THE, 'ME' THAT I NORMALLY BELIEVE IS ATTEMPTING ALL OF THIS?.....

IT CAN SEEM EXTREMELY FRUSTRATING,

YET OFTEN I SUDDENLY GET A FLEETING SENSATION THAT I AM CLOSE TO BEING ABLE TO, 'STEP-THRU'

TO THE OTHER SIDE OF THIS, 'GOING-NO-WHERE', INTERNAL ARRANGEMENT OF MIRRORS.

IN MY EFFORTS ALONG THE LINE I MENTIONED
I HAVE COME, INESCAPABLY, FACE-TO-FACE WITH SOMETHING THAT I HAVE SURELY
KNOWN ALL ALONG, BUT NEVER DEALT WITH DIRECTLY:

IT IS OBVIOUS THAT THERE IS ALREADY ESTABLISHED IN ME,
(PARTICULARLY IN REGARD TO MY MIND),
A PRE-SET TEMPO AT WHICH MY NORMAL MENTAL ACTIVITY IS PRE-DISPOSED TO OPERATE,
AND THAT MY INTERFERENCE THEREWITH WILL RESULT IN AN INSTANTANEOUS
MOMENT-OF-FREEDOM-FROM
THE DISTRACTIONS & FRUSTRATIONS OF EVERYDAY EXISTANCE.

INASMUCH AS I NOW REALIZE THAT THE THOUGHTS NATURALLY RUNNING THRU ME
ARE USELESS FOR MY AIM,
OF WHAT IMPORTANCE IS THE SPEED AT WHICH THEY OPERATE?!.....

....WHY THE HURRY OF A SHIP THAT IS GOING NO WHERE?!.....

....HOW FRANTICALLY MUST I SLEEP TO MEET THE DEFINITION OF 'BEING ASLEEP'?!.

AS LONG AS YOU ALLOW THINKING TO AUTOMATICALLY OPERATE IN YOU AT ITS
PRE-SET TEMPO YOU WILL TAKE THE THINKING TO BE OF SIGNIFICANCE THAT IT
DEMONSTRABLY DOES NOT DESERVE -- AND MOREOVER
WHEN THINKING IS TAKING PLACE IN YOU -- 'IN A BLUR' --
YOU HAVE NOT THE TIME TO REALIZE THAT IT IS NOT A THING SEPERATE FROM THE
ASSUMED, 'YOU' THAT IS -- 'HAVING THE THOUGHTS'.

IN OTHER WORDS:

THE NATURAL TEMPO OF YOUR THINKING WILL KEEP YOU AFFIXED TO THE ILLUSION
THAT YOU ARE A BEING, DIVIDED,
WHICH ALONE, CAN BE THE BAR TO FURTHER UNDERSTANDING & AWAKENING.

IF A MAN DOES NOT RECOGNIZE FINALLY FOR HIMSELF THE NEED TO MENTALLY, 'SLOW DOWN'
HIS MIND IS LOST,
AND HE LIVES A LIFE THAT IS NEEDLESSLY, FRANTIC, UNCERTAIN & SPLINTERED.

ONCE YOU BEGIN TO SEE THIS FOR YOURSELF,
ALL YOU NEED DO THEN IS -- SLOW DOWN.

THIS MORNING I OBSERVED ONE OF THE ELDERS HERE TALKING TO A TRADESMAN WHO
HAD COME TO MAKE A DELIVERY, AND AS THEY SPOKE I COULD SEE THAT
GOING ON INSIDE THE TRADESMAN'S HEAD WAS A SCENE OF FRENZIED,
MACHIAVELIAN, INTRIGUE, PLOTTING AND SPECUALTION,
WHILE THE ELDER MONK'S HEAD WAS PERFECTLY EMPTY.

SUCH I SEE AS AN ENLIGHTENED MAN'S NATURAL RELATIONSHIP TO THE
REST OF THE MORTAL WORLD.

....(REGARDLESS OF WHAT FINE WORDS I MAY HAVE LEARNED, IF I CANNOT
HOLD MY ATTENTION OPEN AND TO-THE-MOMENT -- I HAVE WASTED MY TIME.)

IT SEEMS TO ME THAT IT IS FROM, 'INTERNAL BOREDOM',
 (AND THE FEAR THAT IT MIGHT ARRIVE),
 THAT MEN PRETEND THAT ACTIVITIES IN THE EXTRENAL WORLD,
 (ESPECIALLY INVOLVING OTHER MEN),
 ARE MORE EXCITING & INTERESTING THAN EVERYONE KNOWS THEY REALLY ARE.

I CHEERISH THE LITTLE, EVERYDAY, REPETTIVE TASKS I HAVE TO DO,
 (SUCH AS TO: PUT ON MY SHOE),
 FOR THEY AFFORD ME THE ENDLESS OPPORTUNITY TO DO WHAT I SO LOVE TO DO:
 TO MOVE AS DELIBERATELY AS DO THE PLANETS IN THE SKY.

I EVEN SOME TIMES NOW PICTURE THE ULTIMATE SUCCESS AS IN BEING ABLE TO EAT,
 AND NOT THINK OF ANYTHING OTHER THAN THE FOOD IN MY MOUTH.

YESTERDAY ONE OF THE ELDER ONES HERE SAID TO ME:
 "DO NOT LET ANYONE KNOW THAT YOU ARE DYING,
 AND NEVER ALLOW ANYONE TO SEE THAT YOUR MIND IS MOMENTARILY 'LOST',
 AND THAT YOU ARE ----- DAZED AND ASLEEP.

KEEP SUCH MATTERS STRICTLY TO YOURSELF,
 ...UNTIL THE TIMES COMES WHEN YOU REALIZE THAT YOU HAVE NO 'SELF'
 TO HOLD SUCH MATTERS.

IT IS GRADUALLY BECOMING CLEAR TO ME THAT
 THE MORE THAT YOU DO NOT KNOW WHAT YOU ARE DOING, (REGARDING THIS ACTIVITY),
 THE CLOSER YOU ARE TO AN -- EMPTY MIND --
 -- A TOTALLY SATISFYING -- EMPTY MIND.

IT IS PEOPLE WHO, (IN THEIR MIND), BELIEVE THAT THEY - KNOW WHAT THEY ARE DOING,
 WHO LOSE THEIR MIND,
 AND NEVER GET IT BACK.

MY MIND NATURALLY ASSURES ME THAT I AM MOST INTELLIGENT WHEN IT IS MOST BUSY,
 BUT ON MY OWN I NOW REALIZE THAT I AM MOST INTELLIGENT WHEN MY MIND IS EMPTY,
 AND FROM ANY ROUTINE VIEW -- NOT OPERATING.

ONE THING STEALS YOUR SOUL -- YOUR INDIVIDUALITY -- DISTURBS YOUR LIFE,
 AND MAKES YOU SEEK ENLIGHTENMENT, (WHATEVER THEY MAY PROVE TO BE?!?!),
 AND THAT ONE THING IS -- YOUR IGNORANCE OF THE NATURE OF THOUGHT;

THAT NORMAL ACTIVITY OF THE MIND THAT CAUSES YOU TO PERCEIVE ITS
 NATURAL FUNCTIONING AS SOMETHING THAT YOU EXPEREINCE, RATHER THAN AS WHAT IT IS
 THE SOLE BASIS FOR YOUR CONCEPTION OF HAVING WITHIN YOU, A DISCRETE, 'YOU'.

AS I NOW SIT AND REFLECT ON HOW MY STRUGGLE PRESENTLY GOES,
AND HOW THE OVERALL PICTURE OF THIS ACTIVITY BEGINS TO REVEAL ITSELF,
I AM RECOGNIZING CLEARLY THAT:

PAST A CERTAIN POINT IN THIS GLORIOUS, INNER ADVENTURE,
IT IS FRUITLESS TO BELEAGUER YOUR MIND
FOR IN DOING SO YOU SUSTAIN THE ILLUSION THAT YOU ARE A BEING, DIVIDED:
YOU HELP SUPPORT THE MISTAKEN IMPRESSION THAT YOU ARE NOT, BY NATURE,
WHOLE AND INDIVISIBLE.

AS LONG AS YOU PERCEIVE YOURSELF TO BE IN CONFLICT WITH YOUR MIND & THINKING
YOU WILL LIVE AMIDST THE DELUSION THAT YOU AND YOUR THINKING ARE NOT ONE --

THUS IT WILL COME TO BE THAT YOUR ORIGINAL, WELL INTENDED EFFORTS TO,
'COMBAT THE MIND'

WILL EVENTUALLY SIMPLY SERVE TO SUSTAIN THE SENSATION THAT THERE IS A PROBLEM WITH
THE MIND.

PAST THIS CERTAIN POINT,
FAILURE TO REALIZE THAT YOU AND YOUR THOUGHTS ARE A SINGLE ENTITY,
AND TO CONTINUE TO TRY AND 'OVERCOME', OR -- 'BANISH' THEM
BASED ON THE ERRONEOUS ASSUMPTION THAT THEY ARE SOMETHING SEPERATE FROM YOU
IS AKIN TO TRYING TO, 'STOP NIGHT' BY ATTEMPTING TO SKIN FROM IT -- DARKNESS.

PAST THAT CERTAIN PLACE,
THIS MISTAKEN PICTURE YOU HAVE OF WHAT IS GOING REGARDING YOUR MIND IS LIKE A
SLIPPERY DITCH BESIDE THE ROAD THAT YOU'RE ON,
INTOWHICH ALL,
TEMPORARY FALL,
AND FROMWHICH YOU NEED TO SOON STEP.

THE PLEASANT NEWS IS THAT THIS MOVE IS NOT DIFFICULT NOR COMPLEX,
AND HERE IS HOW I SUGGEST YOU GO ABOUT IT:

DO AS I: ABANDON TOTALLY ANY BELEAGUERMENT OF YOUR MIND,
AND LOOK INSTEAD FOR ITS POSITIVE ATTRIBUTES.....

...WHICH ARE OBVIOUSLY PRESENT AS WITNESSED BY THE FACT THAT WERE THEY NOT,
YOU WOULD NOT HAVE BEEN ABLE TO COME THIS FAR IN YOUR STRUGGLE TO REGAIN
POSSESSION OF YOUR MIND -- AND, AWAKEN.

FOR THOSE-WHO-KNOW: THE TIME IS ALWAYS RIGHT FOR A: 'BIG TURNAROUND',
AND THE TIME IS NEVER RIGHT TO: 'STAY WHERE YOU HAVE BEEN'.

LEAVE THAT INNER PLACE THAT SAYS YOU ARE A BEING DIVIDED,
AND EMBRACE THE PLACE THAT REVEALS YOUR NATURAL -- WHOLENESS.

THIS IS THE CORRECT UNDERSTANDING.....THIS IS ENLIGHTENMENT."