

MY NEWS FOR APRIL 7, 1999

THE HEAD OF A MONESTARY ASKED ONE OF THE MONKS WHO'D BEEN THERE FOR A NUMBER OF YEARS WHAT HE THOUGHT ABOUT NOT YET BEING PERMANENTLY AWAKE, AND THE YOUNGER ONE REPLIED THAT HE NO LONGER THOUGHT ABOUT IT, TOWHICH THE MASTER IMMEDIATELY REPLIED: "YOU'LL NO DOUBT SUCCEED."

\* \* \*

AT TIMES WHEN YOU CAN'T SEEM TO STOP THE THINKING AT LEAST MAKE IT MEANINGFUL AND ADOPT THIS APPROACH:  
DO NOT THINK ABOUT ANY ONE THING IN PARTICULAR.

...(IN YOUR INNER GYMNASIUM, THIS CAN ACT AS BOTH A STRETCHING, AND A, "BULKING UP" EXERCISE.)

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THE HEAD OF ANOTHER MONESTARY CALLED IN ONE OF THE MONKS WHO HAD BEEN THERE FOR QUITE SOME TIME AND SAID: "I'D LIKE TO ASK YOU A QUESTION.", AND THE YOUNGER ONE IMMEDIATELY REPLIED: "I'D PREFER NOT TO TALK ABOUT IT.", AND TO HIMSELF THE MASTER SAID: "HE'S GONNA MAKE IT."

\* \* \*

WHEN THINKING HAS TEMPORARILY TAKEN OVER YOUR MIND, PUT IT TO GOOD USE, AND TURN IT TO THIS QUESTION:  
"WHAT IS MY MIND LIKE BEFORE IT IS DISTURBED BY THOUGHT?"

\* \* \*

ONE MAN BECAME SO AGILE AND ATHLETICALLY GOOD AT THIS THAT HE COULD NO LONGER WALK AND CHEW THOUGHTS AT THE SAME TIME. ... "THANK GOD", SAYS HE, THAT I'VE FINALLY BECOME INEPT IN ANY AREA THAT MEANS SOMETHING."

\* \* \*

ONE MAN HAS THE THEORY THAT THOSE WHO WANT TO AWAKEN ARE THOSE WHO ARE EASILY BORED,  
 AND WHO, (TO COMBAT THIS), DEVELOPE A MENTAL LIFE THAT IS BUSIER, AND MORE COMPLEX THAN THE NORM,  
 AND WHICH BUSY MENTAL LIFE ULTIMATELY BECOMES THEIR MOTIVATION TO AWAKEN SO AS TO CALM THIS OVERLY ACTIVE ACTIVITY.  
 ...(SOME THEORY, HUH?!)

\* \* \*

QUESTION: HOW CAN YOU THINK AND BE ASSURED OF NOT DECEIVING YOURSELF?  
 ANSWER: BY NOT THINKING ANYTHING THAT NATURALLY COMES TO MIND.  
 ...(SIMPLE, HUH?!)

\* \* \*

AND ANOTHER MAN HAS A THEORY THAT IF EVERYONE MOVED FROM WHERE THEY LIVE NOW THAT EVERYONE WOULD -- WAKE UP.  
 ...(YOU KNOW, I GUESS A MAN COULD END UP, KNEE DEEP IN THEORIES, HUH?!)

\* \* \*

QUESTION: HOW CAN YOU BE CERTAIN THAT YOU ARE WASTING YOUR TIME,  
 REGARDING THE MIND?

ANSWER: YOU ARE IF YOU ARE -- THINKING ABOUT IT.

AND A LISTENER ASKS: "BUT HOW DO YOU RECONCILE THAT WITH EARLIER PROCLAMATIONS THAT A MAN SHOULD BE CONSTANTLY, 'CONSCIOUS OF HIS CONSCIOUSNESS', 'ATTENTIVE TO ATTENTION'?",

AND SINCE THE QUESTIONER APPEARS TO BE AN INTELLIGENT SORT, I'D GIVE HIM A FORTHRIGHT REPLY:

IN THE WORLD OF THE MIND, ANYTHING YOU WANT RECONCILED CAN BE RECONCILED, AND ANYTHING YOU WANT UNRECONCILED CAN BE LEFT UNRECONCILED -- SO: WHAT'S THE POINT?!...ASK YOURSELF: "WHAT'S THE POINT?!"

SO -- I'LL THEN POINTLESSLY REPEAT MYSELF AND SAY:

YOU MAY BE CERTAIN THAT YOU ARE WASTING YOUR TIME -- IF YOU ARE, THINKING ABOUT THE MIND. ...(DON'T YOU SEE BY NOW THAT YOU DO NOT "THINK ABOUT" YOUR MIND, IT IS THE MIND THINKING ABOUT ITSELF, AN ACTIVITY THAT TO THE UNENLIGHTENED SEEMS PROPER BUT WHICH IS IN POINT OF FACT - UTTERLY MEANINGLESS

AND SOMEONE IN OUR STUDIO AUDIENCE SENDS UP A NOTE ASKING THIS QUESTION:  
 "HOW SPECIFICALLY CAN ONE GO ABOUT MAKING THOUGHT LESS INTRUSIVE?",  
 -- SILENT THINKING, SIR,  
 THINKING WITHOUT ANY INNER COMMENT ACCOMPANING IT, AND YOU'VE GOT IT.  
 "SILENT THINKING" -- NOW THERE'S A TICKET FOR YOU TO RIDE.  
 ...(AND SOMEONE SITTING UP FRONT MUTTERS: "SOUNDS LIKE A TRICK TO ME." --  
 ...[SOME MUTTER, HUH?!])

THEORY DISGUISED & PRESENTED AS FACT, (SINCE FACTS ARE IN SUCH SHORT SUPPLY):  
 EVERYTHING THAT GOES ON IN THE MIND REGARDING THE MIND IS A "TRICK" --  
 IMAGINARY DOGS & PONIES WHO GIVE THE ILLUSION OF PERFORMING ACTUAL FEATS.  
 ...(PERIODICALLY, ONE MAN WOULD PRESS HIS FOREHEAD AGAINST A MIRROR,  
 AND ANNOUNCE TO HIMSELF: "STEP RIGHT UP -- STEP RIGHT UP,  
 AND SEE THE MOST ASTOUNDING ACT IN THE UNIVERSE:  
 ME STILL TALKING AND THINKING AS THOUGH I AM SOMETHING APART FROM MY MIND.  
 WHAT A TRICK, LADIES & GENTLEMEN, BOYS & GIRLS -- WHAT AN UNBELIEVABLE TRICK!!  
 ...[EXCEPT FOR THE FACT THAT I -- BELIEVE IT.  
 HEY - AM I SOME KINDA AUDIENCE OR WHAT?!])

WHEN YOU ARE LOST, DEEP IN THOUGHT  
 YOU ARE LOST TO THE FACT THAT YOU AND THOUGHT ARE A SINGLE, 2 HEADED CREATURE,  
 WHOSE HEADS CONTINUALLY SWAP NAMES, GIVING THE ILLUSION THAT THERE IS  
 2 SEPERATE CREATURES.

THIS ILLUSION -- THIS TRICK THAT FOOLS THE EYE/I --  
 IS SO OBVIOUS AND OUT-FRONT AS TO BE QUITE SUBTLE AND SECRETIVE.

THERE WAS ONCE A MAN WHO HELD THE THEORY THAT:  
 "WHEN YOU THINK THAT YOU'RE ASLEEP -- YOU'RE AWAKE,  
 AND WHEN YOU THINK THAT YOU'RE AWAKE --- YOU'RE ASLEEP."  
 ...FOR THIS TO MAKE ANY SENSE, I'M GUESSING THAT WE SHOULD ASSUME THAT THE KEY WORDS  
 IN HIS THEORY IS, "THINK THAT"  
 YOU'RE EITHER AWAKE OR ASLEEP....  
 ...ALTHOUGH TO ORDINARY THINKING,  
 TO SAY THAT IT MAKES ANY SENSE  
 IS STILL A STRETCH.

RECAPITULATION & EXPANSION: WHEN YOU ARE LOST, DEEP IN THOUGHT -- YOU'RE LOST.  
 -- AND THAT'S NO "THEORY" -- SUBJECT CLOSED.

THERE WAS ONCE A WOLF WHO SOMETIMES THOUGHT HE WAS A DOG,  
AND SOME TIMES THOUGHT HE WAS A HYENIA,  
WHAT DO YOU THINK HE SHOULD BE CALLED?

AND THERE WAS ONCE A MIGHTY BUS WHO SAID:  
"I AM MOST HAPPY WHEN MY FUEL TANK IS EMPTY." --  
-- IT WAS A BUS WHO DID MOST OF ITS TRAVELING  
RIGHT UP IN ITS FOREHEAD, I MEAN, WINDSHIELD...YOU KNOW,  
UP FRONT....UP THERE....YOU KNOW WHAT I MEAN.

THERE IS A LEGEND THAT SAYS A MAN IS ONLY COMPLETE & FULFILLED  
WHEN HE CORRECTLY KNOWS HIS OWN NAME --  
-- WHICH IS A NAME THAT CAN NEVER BE SPOKEN.  
...(DO YOU AND THE WOLF "GET IT?!" -- THE BUS DOES.)

\* \* \*

VIS A VIS THAT ANCIENT SCHOOL FOR ENLIGHTENMENT THAT I MENTIONED  
WHICH REFERED TO A MAN'S ORDINARY MENTAL STATE AS HIM HAVING, "LOST HIS MIND",  
WELL, IF WE DO FOR THE MOMENT, TAKE THAT AS A VALID DESCRIPTION OF HIS  
ROUTINE NEURAL CONDITON THEN I COULD ADD TO IT AND SAY THAT THE CURE FOR  
SUFFERING FROM HAVING NATURALLY, "LOST YOUR MIND" IS TO NOW,  
LOSE IT ALL OVER AGAIN -- INTENTIONALLY.

AND STANDING IN HIS YARD, ONE MAN WAS HEARD TO SING:  
"RED ROVER,  
RED ROVER,  
STAY WHERE YOU ARE -- NO NEED TO COME HOME."

...WHICH IMMEDIATELY CAUSED ONE OF HIS NEIGHBORS TO GET CRAMPS AND CRY OUT:  
"WHAT THE HELL DOES THAT MEAN?! --  
THAT'S THE EXACT OPPOSITE OF EVERYTHING I'VE HEARD LATELY."

THERE WAS ONCE A WOLF WHO, (ALTHOUGH HE HE REALIZED HE WAS BASICLY A WOLF),  
NONETHELESS SOME TIMES THOUGHT OF HIMSELF AS A DOG,  
AND OTHER TIMES THOUGHT OF HIMSELF AS A HYENIA,  
(BUT LET'S FACE IT: IF HE WASN'T TOTALLY NUTS, [WHICH HE WASN'T],  
THROUGHOUT IT ALL HE STILL HAD THE BASIC REALIZATION THAT HE WAS NOTHING  
MORE OR LESS THAN JUST A WOLF.

...(AND A TREE STANDING NEAR THE WOLF THOUGHT: "SO WHAY ALL THE FUSS &  
DISCUSSION?!: WHAT'S THE BIG DEAL IN REALIZING THAT A THING IS WHAT IT IS?!")

.....

AFTER MANY YEARS AT A CERTAIN SCHOOL DEDICATED TO LIBERATION,  
 ONE MAN DECIDED TO LEAVE --  
 HIS EXPLANATION BEING THAT:  
 "ORIGINALLY IT WAS ALL QUITE MYSTERIOUS AND MUCH STIRRED MY IMAGINATION --  
 -- BUT NOW JUST LOOK AT WHAT THEY DONE TO IT --  
 -- THEY'VE STARTED TRYING TO MAKE IT SEEM SO OBVIOUS & SIMPLE AS TO  
 TAKE ALL THE FUN OUT OF IT FOR ME."

...AND UPON HEARING HIM SAY THIS, THE HEAD OF THE SCHOOL INWARDLY SHOOK HIS HEAD  
 AND SAID: "WHAT A PITY --  
 A MAN WHO WALKED AS FAR AS HE DID  
 AND NEVER UNDERTOOK TO UNDERSTAND THE NATURE OF HIS FEET.'  
TRUTH: THE JOURNEY ULTIMATELY GOES NO WHERE UNLESS YOU REALIZE FOR YOURSELF  
 THE ESSENCE OF THE CONVEYANCE -- THE MIND -- THAT BECKONED YOU, AND  
 CARRIED YOU  
 TO THE PLACE YOU ARE NOW.

DON'T MERELY, "WALK ON THESE FEET" -- LOOK AT THEM PLAINLY & DIRECTLY:  
 JUST "WALKING" THE PATH TOWARD ENLIGHTENMENT IS NOT ALONE, ENOUGH:  
 YOU MUST UNDERSTAND THE NATURE & OPERATIONS OF THAT WITHIN YOU THAT  
 MAKES THE SENSATION OF INNER TRAVEL POSSIBLE.

NO ONE IS GOING -- ANY WHERE,  
 BUT ONLY THE CLEAR HEADED REALIZE IT:  
 NOT IN WORDS & DESCRIPTIONS, BUT IN: REALITY & REALITY.

THERE WAS ONCE A MONESTARY WHOSE MOTTO WAS:  
 "ONLY THOSE WHO THINK THEY'RE ON THE 'WAY-TO' AWAKENING  
 NEVER GET THERE."  
 ....(SOME MOTTO, HUH?!)

\* \* \*

THEN SUDDENLY, FROM DEEP WITHIN THE BOWELS OF ALL THAT IS RATIONAL, LOGICAL,  
 SANE AND DECENT, AROSE A VOICE WHICH CRIED OUT IN ANGUISH & FRUSTRATION:  
 "WELL, IF THERE IS NOTHING TO DO TO AWAKEN,  
 ALONG WITH THE FACT THAT TO AWAKEN, YOU MUST DO SOMETHING,  
 --BT WHAT IN SHIVA'S NAME AM I EXPECTED TO DO?!"  
 ... (MAN!, WHOEVER SAID THAT MUST BE IN SOME DEEP, DEEP BOWELS, HUH?!)

NOTE: THERE ARE ALWAYS THOSE WHO THINK THAT YOU CAN SLANDER THE IDEA OF AWAKENING  
 BUT THOSE WHO DO, LABOR UNDER THE DISADVANTAGE OF NOT BEING AWAKE.  
 ... (HEY, DO US BOTH A FAVOR: DON'T LABOR UNDER DISADVANTAGES --  
 IT'S NOT NECESSARY.)