

MY NEWS FOR APRIL 10, 1999

ONE MAN SAID: "I CAN'T TRY TO WAKE UP GOOD WHEN I'M HUNGRY.", AND ANOTHER MAN SAID: "I CAN'T TRY TO WAKE UP GOOD WHEN I'VE OVER-EATEN.", AND A THIRD MAN SAID: "I CAN'T TRY TO WAKE UP GOOD WHEN I'M SAD.", AND A FOURTH GUY SAID: "I CAN'T DO A GOOD JOB OF TRYING TO WAKE UP WHEN I'M UNUSUALLY HAPPY.", AND SOMEONE ASKED THEM: "WHAT'S THE POINT?", "OH, THERE'S NO POINT." THEY REPLIED.

QUESTION: WHY HAS THIS ACTIVITY, FOR SO LONG, BEEN CALLED BY SO MANY: "MYSTICAL, MYSTERIOUS, METAPHYSICAL" AND ALL THAT OTHER CHOPPED LIVER? ...WHO IS BEING FOOLED HERE?...AND FOR WHAT POSSIBLE PURPOSE?!..... DO MEN WITH MIS-MATCHED MINDS SIMPLY ENJOY MISLEADING THEIR THINKING?!.... ...IS IT SPORT TO SEE HOW MANY OTHERS WILL WILLINGLY FOLLOW THEIR MISDIRECTION? FOR SOME REASON MEN SEEM TO THOROUGHLY ENJOY IMAGINING THAT ISTANBUL IS MUCH, MUCH FURTHER FROM PARIS THAN IT ACTUALLY IS. ..."OH!", MOANS ONE SELF-PROCLAIMED MYSTIC: "HOW I SUFFER FOR MY ART, WHICH I CALL: 'THE GREAT STRUGGLE TO ACHIEVE THE MIRACULOUS ENLIGHTENED UNDERSTANDING OF THE DEEP & MYSTERIOUS -- "SECRET-OF-LIFE".'" ... (SOMEONE SHOOT THAT PONY AND GET ME OUT OF ITS MISERY!)

TRUTH: ONCE YOU PERSONALLY COME TO RECOGNIZE WHAT LIFE, MAN AND THIS KIND OF ACTIVITY ARE ACTUALLY ALL ABOUT, IT IS INDEED: MYSTERIOUS, MIRACULOUS, AND EVEN MORE ASTOUNDING THAN YOU IMAGINED IT WAS WAY BACK WHEN YOU FIRST STARTED - ...AND YET YOU ALSO REALIZE HOW PLAIN, SIMPLE AND MUNDANE IT ALL IS.... ...SAME AS WITH, "BEING ALIVE", (ONCE YOU'VE SEPERATED THAT FROM THE MIND'S RUNNING COMMENTARY ON IT.)

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FACT: THE MORE "THOUGHT PROVOKING" YOU FIND THE IDEA OF "AWAKENING", THE HARDER IT IS TO ACHIEVE.

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OFTEN WHEN THE HEAD OF A CERTAIN MONESTARY WOULD PASS ONE OF THE YOUNGER MONKS IN THE YARD, HE STOP HIM AND SHOUT: "EMPTY YOUR POCKETS AND -- SHUT UP!", AND THEN WALK ON.

MEDICAL ALERT: YOU CAN'T PICK UP A CARPET WHILE STANDING ON IT:  
YOU CAN'T TOSS A LIMB ON THE FIRE IF YOU'RE HANGING FROM IT,  
AND YOU CAN NEVER IN ANY WAY WHATSOEVER EFFECT ANY CHANGE IN YOUR INSTANT  
MENTAL CIRCUMSTANCE IF YOU ARE TALKING TO YOURSELF ABOUT IT.

ECONOMIC QUIZ: HOW CAN YOU IDENTIFY THE BEST MYSTICAL TEACHER OUT OF ALL  
THE OTHERS?.....HE NEVER SAYS ANYTHING.....JUST LIKE LIFE, HE ONLY DOES

AND SOMEONE IMMEDIATELY COMPLAINS: "BUT YOU JUST RECENTLY SAID THAT AN  
AWAKENED MAN 'LISTENS TO LIFE TALK', AND NOW YOU SAY THAT LIFE DOES NOT TALK,  
AND ONLY - 'DOES'. PLEASE EXPLAIN.", SEMI-GLADLY, DEAR COMPLAINER:

WORDS ARE NOT THE ONLY, NAY, NOT EVEN THE MOST BASIC OR EFFICIENT POSSIBLE  
POSSIBLE WAY TO "SPEAK TO" AND COMMUNICATE WITH ANOTHER:

LIFE SPEAKS MOST DIRECTLY AND SIGNIFICANTLY TO MAN BY GIVING HIM  
AIR TO BREATHE, AND LUNGS TO DO THE BREATHING -- IN SIMPLE PICTURES:  
LIFE NON-VERBALLY GIVES MAN LIFE,

BUT THE REASON I CONJURE UP SUCH SCENARIOS IS TO SHOW HOW THE SAME WOULD,  
SHOULD, COULD APPLY REGARDING THE BEST, ADVANCED APPROACH A MAN MIGHT TAKE  
CONCERNING HIS VIEW OF HOW HE IS TRYING TO RE-DIRECT & EDUCATE HIS OWN MIND.

SPEAK TO THE MIND -- SILENTLY:

DON'T LET YOUR LEFT WORD KNOW WHAT YOUR RIGHT ONE IS DOING:

IN FACT: LET YOUR LEFT IDEA CANCEL OUT YOUR RIGHT ONE:

HAVE CONFIDENCE IN NOTHING BUT THE UNDERMINING AND EVENTUAL ABANDONMENT OF  
THE VERY THINKING THAT PASSING THRU YOUR MIND:

WHEN THIS IS ACHIEVABLE, YOU CAN THEN HEAR YOURSELF,  
"SPEAK TO YOURSELF" -- WITHOUT WORDS.

THIS IS ENLIGHTENED CONSCIOUSNESS IN ACTION,  
AND JUST LIKE LIFE, AS I DESCRIBED IT BEFORE: IT DOESN'T TALK -- IT SIMPLY - IS  
.....EXACTLY LIKE A MAN'S MIND

ONCE IT IS OUT FROM UNDER THE COVERING OF COMMENT.

A MONK WHO FOR MANY YEARS HAD BEEN ACTIVE IN A CERTAIN MONESTARY, ONE DAY SAID  
TO ITS HEAD: "THE MORE I THINK ABOUT ALL OF THIS, THE LESS I SEEM TO UNDERSTAND  
THE LESS I SEEM TO UNDERSTAND IT."

"VERY GOOD.", THE MASTER REPLIED, "NOW YOU'RE STARTING TO UNDERSTAND IT."

THEORY: NO MATTER HOW HARD & VALIANTLY HE RUNS,  
A MAN ON A TREADMILL IN PARIS WILL NEVER GET OUT OF TOWN.

THEORY # 2: I SUSPECT THAT THE FIRST THEORY HAD TO DO WITH SOMETHING MORE THAN  
EXERCISE EQUIPMENT.

AND ONE MAN, (WITH SOME APPARENT, "TRAVEL CREDENTIALS"), INJECTS HIMSELF TO SAY:  
 "WHEN I BEGAN MY INVOLVEMENT IN THIS SORT OF ACTIVITY  
 I FOUND PARIS TO BE A TOTALLY UNACCEPTABLE PLACE TO BE,  
 AND FULLY EMBRACED THE IDEAS I HEARD REGARDING THE GOAL OF ISTANBUL.

BUT AS I HAVE COME ALONG ON THIS JOURNEY  
 I NO LONGER FEEL AS NEGATIVE TOWARD PARIS AS INITIALLY,  
 AND NO LONGER SEE IT AS THE WEIGHT HOLDING ME BACK FROM WHEREVER I MIGHT WISH TO  
 --RE-INTERNALLY GO.

WITHOUT GETTING USELESSLY ENTANGLED IN IMAGINED DESCRIPTIONS OF ISTANBUL,  
 I AM BECOMING ABLE TO SEE IT -- TO FEEL ITS PRESENCE --  
 RIGHT HERE IN PARIS -- RIGHT HERE FROM WHERE I SEEMINGLY  
 FIRST BEGAN.

I CANNOT SAY THAT PARIS IS ISTANBUL, OR THAT ISTANBUL IS PARIS,  
 I CANNOT IN FACT, ANY LONGER SAY WITH ANY FEELING OF CERTAINLY  
 WHAT ANYTHING WITHIN ME -- IS.

...BUT DO I NEED TO SAY?!.....

...IS IT NECESSARY TO SAY?!...IS IT EVEN BENEFICAL FOR A MAN TO SAY  
 WHAT IT IS THAT IS GOING ON INSIDER OF HIM?!

IN THE LAND OF INNER GIANTS: "DESCRIBING A PROBLEM" IS THE REENFORCEMENT OF  
 THE PROBLEM.

POUR NO PROBLEM BEFORE ITS TIME,  
 AND IF YOU DON'T READ THE LABEL ON THE BOTTLE,  
 THE PROBLEM'S TIME WILL NEVER COME.

DESCRIBE NOT TO YOURSELF, YOUR INNER STATE:  
 SWISH YOUR AWARENESS OF IT SILENTLY AROUND IN YOUR MOUTH THEN -- SPIT IT OUT --  
 -- NEVER SWALLOW.

AND ONE MAN SUDDENLY CRIED OUT: "THAT'S IT!-- THAT'S TRULY IT! --  
 I HAVE BEEN INTOXICATED AND KEPT DROWSY & UNCERTAIN ON MY FEET  
 BY THE EFFECTS OF TOO MUCH CONSUMPTION OF: 'THINKING ABOUT MYSELF'.

MY GOD! -- WHY HAVE I NEVER SEEN THIS BEFORE."

.....(THEN ALL THAT WAS HEARD WAS THE SOUND OF A BOTTLE HITTING THE FLOOR.)

AT AN OPTOMETRIST'S CONVENTION WHEN A SPEAKER REFERED TO THE CONDITION KNOWN AS, "LAZY EYE", A VISITOR IN THE AUDIENCE THOUGHT:  
 "...HE'S TALKING ABOUT ME."

WHENEVER IT'D GET TO BE NINE-THIRTY  
 ONE MAN WOULD ALWAYS LOOK AT HIS WATCH AND EXCLAIM:  
 "MY GOD, IT CAN'T BE NINE-THIRTY ALREADY!",  
 AND HE WOULD DO THIS EVEN WHEN IT WASN'T NINE-THIRTY

...BY THE BY: AFTER SOME YEARS OF DOING THIS, AS ITS EFFECT BEGAN TO WEAR OFF,  
 THAT SAME MAN, WHENEVER HE'D LOOK IN A MIRROR WOULD DECLARE:  
 "YOU'RE NOT WINSLOW SPOTTINHAM.", EVEN THOUGH HIS NAME WAS NOT  
 WINSLOW SPOTTINGHAM.  
 ...(THE MIRRORS WERE NOT AMUSED!)

THE CONDUCTOR ON ONE TRAIN THAT CLAIMED TO RUN BETWEEN PARIS & ISTANBUL  
 WOULD WALK UP AND DOWN THE ISLES, STOPPING TO ASK PASSENGERS:  
 "DO YOU THINK WE'RE GETTING CLOSE?",  
 THEN MOVING ON BEFORE THEY COULD REPLY.  
 ...BY THE BY: FEW OF THOSE ABOARD, "GOT IT".,  
 (BUT ALWAYS INCLUDING THOSE WHO KNEW THAT IT COULDN'T BE NINE-THIRTY ALREADY!)

FACT: UNLESS YOU SUFFER FROM, "LAZY EYE/I"  
 IS PLAIN TO SEE THAT IT'S ALWAYS THE SAME TIME IN PARIS AS IT IS IN ISTANBUL --  
 -- HELL, IT'S THE SAME TIME EVERY WHERE AS EVERY WHERE ELSE,  
 SAME AS HOW INTERNALLY IT'S THE SAME PLACE EVERY WHERE AS IT IS EVERY WHERE ELSE.  
 ....THAT'S WHAT MAKES THE STRUGGLE TO GET FROM YOUR NATURAL BORN MENTAL STATE  
 TO ANOTHER ONE SO DOWNRIGHT INTER-RESTIN' AND DOGGONE ANNOYIN'.  
 ...(SOMEBODY ASK THAT CONDUCTOR IF HIS NAME IS WINSLOW SPOTTINGHAM.)

THERE WAS ONCE A SCHOOL DEDICATED TO THE LIBERATION OF THE MIND  
 WHICH BECAME SO SERIOUS THAT ONE DAY ALL OF ITS BUILDING BLEW UP!  
 ...(ALL INVOLVED WERE GREATLY RELIEVED AND HIGHLY GRATEFUL.  
 ...[TELL ME: JUST WHEN DO YOU EXPECT TO TOTALLY EXPLODE?!.....  
 ...SOME TIME AROUND NINE-THIRTY, DID YOU SAY?!.....  
 ...WELL, SLAP MY FACE AND CALL ME WINSLOW.]

BUT NOW FOR SOME EXTREMELY SERIOUS AND IMPORTANT TRAVEL INFORMATION:  
TO WAKE UP -- STAY HOME.

THE HEAD OF ONE MONESTARY WOULD OFTEN STOP YOUNK MONKS AS THEY PASSED  
IN THE YARD AND SHOUT AT THEM: "EMPTY YOUR POCKETS AND -- STAY AT HOME."

FACT: TO THOSE WHO UNDERSTAND: TO "STAY AT HOME" IS TO -- SHUT UP.

AND UNDERNEATH THE TRAIN, HANGING ON BETWEEN THE WHEELS WERE TWO HOBOES,  
AND THE FIRST ONE SAID: "SHHHH, BE QUIET, I BELIEVE I HEAR LIFE TALKING.",  
TOWHICH THE SECOND ONE REPLIED: "I DON'T HEAR ANYTHING.",  
"YEAH.", SAID THE FIRST ONE, "THAT'S HOW YOU TELL."

IF YOU KNOW HOW TO LISTEN,  
LIFE WILL TELL YOU "WHERE TO HEAD TO",  
BUT SINCE IT DOESN'T USE WORDS  
YOU'LL NEVER HEAR IT WHILE YOU'RE STILL TALKING.

EMPTY YOUR POCKETS AND --STAY HOME....HOME.....WHERE IT IS -- QUIET.

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ONE MAN HAD SYMPATHY FOR FLIES THAT GOT TRAPPED IN HIS HOUSE --  
.....EVERY TIME HE'D LOOK INSIDE HIS OWN HEAD.

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AND THEN ONE MAN ACCIDENTALLY ASKED A REAL MYSTIC:  
"IS THERE YET SOMETHING I DON'T KNOW ABOUT THAT WOULD SPECIFICALLY HELP ME  
TO SEE MYSELF AND LIFE AS THEY ACTUALLY ARE?",  
"YES." REPLIED THE MYSTIC, "AND DRAMATICALLY SO.

CEASE COMPLETELY TO EVER AGAIN THINK OR SPEAK ABOUT YOURSELF OR LIFE  
IN ANY TERMS THAT ARE IN ANY WAY CRITICAL.

RELENTLESS DEDICATION TO THIS AIM WILL, WITHOUT DOUBT, EVENTUALLY  
CLEAR YOUR SIGHT, CLEAN OUT YOUR MIND, AND AROUSE YOUR CONSCIOUSNESS TO ITS  
FULLEST POTENTIAL.

YOU WILL 'SEE' -- AND REALIZE THAT YOU HAVE NEVER SEEN BEFORE:  
YOU WILL 'HEAR' -- AND REALIZE THAT YOU HAD NOT HEARD BEFORE, AND  
YOU WILL 'KNOW' -- AND REALIZE THAT ALL YOU'VE EVER KNOWN BEFORE WAS USELESS,  
INTHAT THERE IS NOTHING TO KNOW....THERE IS ONLY LIFE TO BE LIVED,  
AND FOR THE FEW, A LIFE THAT IS SATISFYING LIVED  
ONLY WHEN IT IS SEEMINGLY FREED FROM THE MIND'S COMMENTARY. DO YOU SEE: →  
"SEEMINGLY" FREED?!, "SEEMINGLY" FREED?!...SAME AS WITH, "SEEMINGLY CAPTIVE"

REMINDER: IN THE WORLD OF THE MIND  
 THE IMPRESSION ABOUT A THING IS THE REALITY OF THE THING,  
 THUS THOSE WHOSE MENTAL IMPRESSION OF THEIR MENTAL SELF IF CRITICAL  
 WILL FOREVER FEEL THEIR MENTAL SELF TO BE FLAWED,  
 BUT TELL ME: WHAT MIRROR HAVE YOU EVER SEEN THAT WAS CAPABLE OF  
 REPAIRING ITS OWN CRACKS?!

IN THE WORLD OF THE MIND,  
 THE IMPRESSION ABOUT A THING IS THE REALITY OF THE THING,  
 THUS IF YOUR IMPRESSION OF THE MIND IS THAT IT IS CAPTIVE -- SO IT IS....  
 ....OR AT LEAST, SO IT SEEMS, WHICH AS I'VE JUST NOTED IS TOTALLY SUFFICIENT  
 REGARDING ALL AFFAIRS TRANSPILING IN THE MIND.

EVEN A DUNCE CAN PLAINLY SEE THAT WE ARE ALL "CAPTIVES" OF OUR BODIES,  
 BUT WHY INSIST ON EXAGGERATING THIS FACT AND EXTENDING IT INTO YOUR MENTAL REALM?  
 ....NOT THAT THE CAPTIVITY OF THE MIND IS NOT TRUE,  
 BUT IN THAT ITS ACTIVITIES ARE OF A PURELY IMAGINARY NATURE,  
 AND IT IS FREE TO GO ANY WHERE, AND THINK ANYTHING IT LIKES,  
 (WHICH IS A TRANSPARENT ILLUSION),  
 WHY LET YOUR KNOWLEDGE OF ITS CAPTIVITY  
 SPOIL THE HARMLESS ILLUSION THAT THINGS ARE OTHERWISE?!  
 ...WHAT'S THE POINT IN SUBJECTING YOURSELF TO SELF-FUELED CENSURE REGARDING  
 A NATURAL ACTIVITY IN MAN THAT IS NATURALLY WHAT IT IS, (SAME AS EVERYTHING ELSE)  
 UNDER THE VERBAL GUISE & SELF DECEIVING NOTION THAT IN YOUR PARTICULAR CASE,  
 (FOR SOME EXTRAORDINARY REASON), IT IS NOT ONLY WELL DESERVED, BUT IS IN FACT,  
 NECESSARY FOR ANY IMPROVEMENT IN THE CONDITION CRITICIZED.

DO YOU FOLLOW ALL OF THIS VERBALLY & LITERALLY?...CAN YOU SEE HOW IT COULD  
 MAKE PERFECTLY GOOD SENSE, (EVEN IN SPITE OF HOW CONTRARY IT IS TO THE WAY WE  
 NORMALLY SPEAK AND THINK ABOUT OUR DEDICATED EFFORTS TO AWAKEN?!...BE HONEST:  
 CAN YOU SEE HOW IT COULD BE A VALID, ALTERNATIVE DESCRIPTION OF HOW OUR  
 MENTAL STATE AND THE CONDITIONS FOR ITS POSSIBLE ALTERNATION TRULY BE?!...  
 ...CAN YOU?!, WELL, IF YOU CAN -- YOU'RE WRONG AGAIN. OH, YOU'RE MENTALLY,  
 "RIGHT ENOUGH" TO AGREE WITH WHAT I'VE SAID, EXCEPT THAT "MENTALLY RIGHT"  
 IS NO DIFFERENT THAN "MENTALLY WRONG", AND NO DESCRIPTION YOU CAN EVER THINK OF  
 REGARDING THE CIRCUMSTANCES OF YOUR MIND'S ACTIVITY WILL BE ANY BETTER THAN  
 ANY OTHER DESCRIPTION.

WHEN YOUR MIND BECOMES SUFFICIENTLY CLEAR OVER ADEQUATE TIME  
 YOU WILL "SEE" -- AND REALIZE THAT YOU HAVE NEVER SEEN BEFORE:  
 YOU WILL "HEAR" -- AND REALIZE THAT YOU HAD NOT HEARD BEFORE, AND  
 YOU WILL "KNOW" -- AND REALIZE THAT EVERYTHING YOU'VE EVER KNOWN, AND  
 DESCRIBED TO YOURSELF WAS DISTORTED & MEANINGLESS, AND YOU WILL RECOGNIZE THAT  
 ALL TALK, THOUGHT & DESCRIPTIONS ARE BESIDE THE POINT: TOTALLY -- BESIDE THE POINT

.....

AT THIS VERY INSTANT: YOU ARE EITHER SILENTLY AWARE OF BEING CONSCIOUS,  
 (AND THUS AS FREE AS YOU CAN BE),  
 OR ELSE YOUR CONSCIOUSNESS IS TOTALLY OCCUPIED WITH TALKING TO ITSELF,  
 GIVING USELESS DESCRIPTIONS OF WHAT IT BELIEVES IT "SEES",  
 AND WHAT IT THINKS IT "KNOWS" --  
 AND THERE -- PERCISELY THERE --  
 IS WHERE THE NEEDLESS IMPRESSION OF YOUR MENTAL IMPRISONMENT OCCURS.

CONSIDER, AND I MEAN REALLY PUT-THE-OLD-OBJECTIVE-STRAIN -- ON YOUR BRAIN  
 AND CONSIDER:

TO BE TRULY AWAKE AND AS ENLIGHTENED AS A HUMAN CAN BE ABOUT HIMSELF & LIFE,  
 A MAN SURELY MUST EVEN BE FREE OF ANY THOUGHTS ABOUT WHETHER HE IS FREE OR NOT.

NOTE: IF YOU ARE, AT THIS VERY MOMENT, NOT FAST ASLEEP  
 WITH YOUR THOUGHTS SOME PLACE ELSE AND YOUR ATTENTION HELD BY THE BABBLING OF  
 YOU MIND,

THEN YOU ARE, FOR THE MOMENT -- FREE -- BUT  
 AS SOON AS YOU THINK EITHER, "FREE", OR "NOT FREE" "SLEEP", OR "AWAKE",  
 YOU ARE INSTANTLY BACK IN YOUR NORMAL MENTAL CONDITION,  
 AND CAPTIVE OF A CRITICAL, AND TOTALLY USELESS, IMPRESSION THEREOF.

NO ONE WHO WANTS TO GET OUT FROM UNDER ALL OF THIS EVER HAS NEED FOR A NANNY  
 TO SING THEM TO SLEEP -- OH NO, NOT HARDLY:

AND NO ONE WHO TRULY WANTS TO LIBERATE THEIR MIND FROM ITS ILLUSION OF ITSELF  
 EVER HAS NEED FOR A JAILER TO SEE TO THEIR CONFINEMENT:

EVERYONE HAS A MIND, ALREADY BORN TO OPERATE AS IT DOES NOW -- IN YOU;  
 EVERYONE ELSE GOES ALONG WITH IT & LIVES WITH THE SITUATION,  
 WHILE THOSE WHO HAVE ADOPTED DESCRIPTIONS TO THEMSELVES SUCH AS:  
 "I WANT TO AWAKEN & ACHIEVE ENLIGHTENMENT & LIBERATE MY MIND"  
 HAVE TAKEN A DIFFERENT COURSE IN LIFE AND INITIALLY, MADE THINGS MORE DIFFICULT  
 FOR THEMSELVES BY THINKING ABOUT THEIR NATURAL MENTAL CONDITION IN A MANNER  
 UNIQUELY CRITICAL THEREOF....CRITICAL, AND ULTIMATELY -- MEANINGLESS,  
 FOR ONLY THE MIND CAN CRITICIZE THE MIND, AND THE MIND ONLY HAS THE WORDS &  
 IDEAS NATIVE TO IT: IT ONLY BREATHES THE AIR THAT IS THERE  
 IN ITS OWN PRIVATE AND LOCKED ROOM, AND THUS, (IF YOU CAN SEE WHERE I POINT),  
 ANY COMMENT, CRITICAL OR OTHERWISIE YOU CAN THINK ABOUT REGARDING YOUR MIND  
 HAS NOTHING EVEN REMOTELY RESEMBLING OBJECTIVE SUBSTANCE.

PAST A CERTAIN PERSONAL PLACE IN EVERYONE'S INVOLVEMENT IN THIS ACTIVITY:  
 YOU "SLEEP" AND THEN CENSURE YOURSELF FOR YOUR SLEEP,  
 AN ACT FOREVER WITHOUT A FINALE.....A LINE OF DESCRIPTIVE THINKING ABOUT  
 YOUR MENTAL CONDITION WHICH, FOR THE LENGTH OF ETERNITY, HAS NO CONCLUSION.....

...AND AN ACT THAT ENSURES THAT YOU WILL CONTINUE TO:  
 "SLEEP AND COMPLAIN-OF-SLEEP .....SLEEP AND COMPLAIN-OF-SLEEP.....  
 SLEEP AND COMPLAIN-OF-SLEEP,

AND THUS BY THIS ENDLESS, GO-NO-WHERE, MENTAL TAIL-CHASING  
 THE IMPRESSION IS CREATED THAT YOU ARE INDEED -- "TRYING TO AWAKEN",  
 WHEREAS YOU ARE, (BY THAT POINT), UNWITTINGLY CONTRIBUTING TO  
 THE VERY CONDITION ABOUTWHICH YOU'RE COMPLAINING.

TO TRY AND THINK ABOUT THE WHOLE AFFAIR OF, "BEING ASLEEP" AND,  
 "WANTING TO AWAKEN" IN THE MANNER I HAVE BEEN DOING FOR THE PAST FEW MINUTES  
 IS WITHOUT A DOUBT MORE CHALLENGING THAN ALL OTHER ALLEDGED DESCRIPTIONS THEREOF  
 AND IF IT STRIKES YOU, (BE HONEST), AS BEING IMPOSSIBLE, ILLOGICAL,  
 INSANE AND CERTAINLY NOT HOW ALL OF THIS MYSTICAL ACTIVITY ULTIMATELY PLAYS OUT  
 ...WELL, IF SOMETHING ALONG THOSE LINES IS HOW IT SEEMS TO YOUR LISTENING MIND,  
 DON'T FEEL LIKE A COW LEFT ALONE OUT IN THE FIELD --  
 IT IS "IMPOSSIBLE, ILLOGICAL, INSANE, AND CERTAINLY NOT HOW THE MATTER OF,  
 "AWAKENING FROM OUR MENTAL SLEEP" MUST SURELY BE,  
 BUT JUST BECAUSE SOMETHING MAY ABSOLUTELY SEEM ILLOGICAL & IMPOSSIBLE  
 TO YOUR MIND,  
 PROVES NOTHING....OTHER THAN, (IN THIS INSTANCE),  
 THE ENTIRE AFFAIR OF BELIEVING IN YOUR MIND THAT YOU ARE "ASLEEP, DELUDED" AND  
 CUT OFF FROM REALITY IN SOME WAY,  
 IS ITSELF, BY ITS VERY NATURE -- IN THE MIND -- INSANE, IMPOSSIBLE, AND,  
 HIGHLY, HIGHLY CAPTIOUS AND ADDICTIVE.

IF, AFTER HAVING HEARD WHAT I'VE SAID ABOUT ALL OF THIS TODAY  
 YOU YET FEEL AS THOUGH YOU DON'T "UNDERSTAND" IT,  
 DON'T CRITICIZE YOURSELF FURTHER FOR IT --

I SAID IT -- I DESCRIBED IT -- AND I KNOW WHAT I KNOW AND WHAT I INTENDED,  
 AND YET I DO NOT UNDERSTAND IT EITHER....NO ONE DOES...NO ONE EVER HAS,  
 AND THIS IS WHY I CAN SAY THAT TO BE FULLY AWAKE IS TO UNDERSTAND NOTHING:  
 TO UNDERSTAND THAT

THERE IS NOTHING-TO-UNDERSTAND,

AND THUS BE FOREVER LIBERATED FROM ANY INTEREST IN DESCRIPTIONS OF HOW THINGS ARE  
 TO BE MENTALLY FREE IS TO BE ABLE TO SAY: "THINGS ARE FINE -- JUST FINE."  
 FOR INDEED, WHAT MORE IS THERE TO SAY -- IF,  
 YOU ARE FREE?!

...IF YOU HAVE FINALLY EMPTIED YOUR POCKETS AND HAVE -- SHUT UP.

"AHHHH.", SIGHED YOUR BETTER HALF BLISSFULLY, "DON'T WAKE ME WHEN IT'S OVER  
 'CAUSE IT'S -- NEVER OVER. IT JUST GOES: ON AND ON -- JUST LIKE LIFE,  
 WHEN I AM: EMPTY, CALM & QUIET.

OH, NO DESCRIPTIONS FOR ME THANKS -- I'M DRIVING."