

MY NEWS FOR APRIL 16, 1999

WE OPEN WITH A LETTER FROM A LISTENER TO: DR. ALERT:
 "DEAR DR, ALERT: "BASED ON SOME THINGS I HAVE HEARD RECENTLY,
 I AM MOVED TO ASK YOU: IS IT SOME HOW POSSIBLE THAT
 IF I STOPPED TRYING TO 'WAKE UP' -- I'D BE AWAKE?",
 SIGNED, "YOURS SINCERELY.", (ETC).....

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AN OVERLOOKED CIRCUMSTANCE SURROUNDING WHAT MEN CALL, "UNDERSTANDING THINGS"
 IS THAT THE MIND HAS THE NATURAL ABILITY TO DO SO,
 BUT IS IMPAIRED IN DOING SO BY THE DISTRACTING INTRUSION OF THOUGHT.

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STICK THIS ON YOUR BED POAST AT NIGHT IN LIEU OF USED GUM:
 ANYTHING SAID ABOUT THE MIND BY THE MIND IS FLAWED FROM START TO FINISH.

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A MAN DISTRACTED DOESN'T NEED ANOTHER PERSON TO BE ENGAGED IN A FOLIE A DUEX.

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TO HELP WILFULLY DIRECT HIS ATTENTION,
 ONE MAN WOULD OFTEN SILENTLY CRY OUT TO HIMSELF:
 "HELP -- I KEEP FALLING INTO A WHIRLPOOL."

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THOUGHTS APPEAR WITH THE COMMENT: "WE HAVE SOMETHING TO SAY."
 BUT THE WELL ADVISED & ALERT MIND WILL REPLY: "I DO NOT NEED TO HEAR IT."

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AND A CURIOUS & UNNOTED THING ABOUT WHAT MEN CALL, "KNOWLEDGE" IS THAT KNOWLEDGE KNOWS NOTHING ABOUT ITSELF, (SUCH AS):
 WHERE IT COMES FROM,
 HOW IT EXPANDS,
 AND HOW IT IS TO BE DISTINGUISHED FROM, "NOT KNOWLEDGE" (!?!?)

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ANOTHER MOMENTARILY POSSIBILITY AVAILABLE:
 RATHER THAN SAYING THAT THE CHATTER & DISTRACTION OF OUR THOUGHTS GIVES A DISTORTED VIEW OF THINGS,
 BETTER TO SAY THAT WHILEST OUR MINDS ARE ABSORBED IN DAY-DREAMS, (NON WILFULL THOUGHT),
 OUR PERCEPTION OF THINGS IS "FUZZY"...AND SLIGHTLY, "OUT OF FOCUS",
 FOR IT CANNOT ACTUALLY BE THAT LIFE HAS GONE TO THE TROUBLE TO PRODUCE IN MAN, CONSCIOUS,
 BUT A CONSCIOUSNESS THAT DISTORTS THAT OFWHICH IT IS CONSCIOUS.
 NO, TODAY, PREFERABLE TO SAY THAT
 WHEN YOUR MIND IS CAUGHT UP IN ITS NORMAL, DRIFTING STATE
 THAT YOUR PERCEPTION OF YOUR ENVIORNMENT IS "FUZZY:
 YOUR ATTENTION IS NOT SPECIFICALLY FOCUSED,
 AND YOUR CONSCIOUSNESS IS ALL ENTANGLED IN YOUR INNER RESTLESSNESS WHICH HAS NOTHING USEFULLY TO DO WITH YOUR PHYSICAL ENVIORNMENT.
 SO PICTURE THE SITUATION THUS: NOT "ASLEEP", BUT: OUT-OF-FOCUS,
 VICTIM OF: "FUZZY PERCEPTION".

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REMEMBER THE MAN I MENTIONED EARLIER WHO HAD A REMINDER-CRY THAT HE'D SAY TO HIMSELF?, WELL, HE HAS AN EXPANDED VERSION OF IT WHICH GOES LIKE THIS: "HELP - I KEEP FALLING INTO A WHIRLPOOL WHICH DIVIDES ME IN MY MIND,
 AND MAKES ME FEEL AS THOUGH MY NATURAL WHOLENESS HAS -- COME APART."

AND MAY I INJECT A COMMENT HERE AND SAY THAT IT WOULD ALSO BE TELLING TO PUT IT LIKE THIS: "YIKES -- IN MY HEAD I KEEP FALLING INTO WHAT HAS BY HABIT BECOME WHAT I UNCRITICALLY TAKE TO BE THE CORRECT MENTAL MANIFESTATION OF 'ME' - ...A CONSTANT OCCURANCE WHICH, UPON MY STOPPING TO TAKE NOTE OF IT, STOPS IT. WHAT A TRULY MONUMENTAL CHALLENGE -- WHAT AN EMBARRASSINGLY SIMPLE SOLUTION "

AND WHEN ONE MAN HEARD IT SAID THAT:
 "THE FIRST HINT OF COMING HOSTILITY IS THE SIGNING OF A, NON-AGRESSION PACT",
 HE ASKED HIMSELF: "HOW IS THIS APPRO POS MY EFFORTS TO CHANGE MY MENTAL STATE?
 ...I KNOW THAT SUCH IS BURIED DOWN IN THAT STATEMENT SOME WHERE ?!?!.....

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FROM ONE VIEW,
 IT SIMPLY -- CANNOT BE TRUE -- THAT
 LIFE HAS PRODUCED MAN ALONE
 AS A CREATURE WITH, "NATURAL BORN FLAWS",
 (ESPECIALLY AS SERIOUSLY AS MYSTICS PICTURE THE SITUATION TO BE).

BASED ON SIMPLE OBSERVATIONS OF THE REST OF CREATION,
 ALL NOTIONS THAT THERE IS SOMETHING INHERENTLY "WRONG" WITH MAN,
 ARE MOST CERTAINLY IN ERROR.

BUT THEN THE QUESTION: "WHAT WOULD LIFE PRODUCE A CREATURE WHO NATURALLY HOLDS
 AN ERRORNEOUS VIEW OF HIMSELF?.....

....TO WHAT END?

THUS WE HAVE BEFORE US HERE: THE SUPREME, THE ULTIMATE,
 THE ULTIMATELY RIDICUALOUS AND ILLUSIONARY "DUALITY":

THE THINKING OF MAN AS HAVING NATURAL, FLAWED & CONDEMNABLE TRAITS,
 BUT APPARENTLY WITH THE POTENTIAL TO CORRECT THEM,
 (INASMUCH AS HE IS BORN "AWARE" OF THEM ?!?!)

JUST THINK ABOUT THE ENDLESS COMPLAINS, CRITICISMS & CONDEMNATIONS
 MEN HAVE OF THEMSELVES AND OTHERS,
 AND HOW MUCH OF THEIR MENTAL LIFE IS SPENT FRETTING THEREABOUT.
FOR WHAT PURPOSE?.....

...TO FRET THEREOVER UNTIL....MAYBE....SOME DAY....SOME THING USEFUL MIGHT
 COME OF IT?!

...CAN YOU WAIT FOR SUCH A DAY TO NATURALLY ARRIVE,(IF INDEED, IT EVER WILL)?!
 THE FEW CANNOT, AND THEY MUST SHOULDER THE FULL & CONSISTANT RESPOSNSIBILITY
 TO KEEP THEIR MIND UNDER CONTROL, AND NOT LET IT CONTINUE TO TRAIL AFTER THOSE
 THOUGHTS THAT PRESENT MAN AS A CREATURE DIVIDED & AND OFTEN AT ODDS WITH HIMSELF
 WHICH IS AT THE HEART OF UNDERSTANDING WHY HE SEEMS BORN WITH A MENATL DRIVE TO
 FEEL HIMSELF AS FLAWED.

BE CLEAR ON THIS MATTER: THERE IS NO RELIEF FROM THIS UNSETTLING SITUATION,
 EXCEPT YOUR UNDERSTANDING THEREOF.

IF YOU DON'T HAVE A HANDFUL OF DIFFERENT, SELF-PRODUCED DESCRIPTIONS FOR ANY ASPECT OF MAN THAT INTERESTS YOU THEN YOU HAVE NO UNDERSTANDING OF THE ASPECT.

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YOU SHOULD STAY CLOSE TO THE UNFAMILIAR, AND FAR FROM THE FAMILIAR.

FAR FROM

* * *

MAKE NO MISTAKE ABOUT IT:

IT IS EASIER FOR A LION TO KEEP HIS MIND ON "LION MATTERS" IF HE DOES NOT LISTEN TO THE CHATTER OF VULTURES....

HOW BAD YOU WANT TO BE FREE & PEACEFUL DETERMINES THE EXTENT TOWHICH YOU WILL GO TO KEEP YOUR MIND ISOLATED FROM THE CONTAMINATION OF OTHER MINDS.

THOSE NOT CONTENT WITH THEIR OWN COUNSEL & COMPANY ARE DOOMED TO REMAIN ORDINARY.

BE A MENTAL RECLUSE IN THE MIDST OF YOUR VILLAGE.

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THE FIRST SUCCESS IS IN THE MIND BECOMING ABLE TO OBJECTIVELY REFLECT EXTERNALS. BUT THE REAL SUCCESS IS IN IT EVENTUALLY NOT REFLECTING EXTERNALS.

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ANOTHER ENTRY FOR YOUR "MAKE NO MISTAKE ABOUT" LIST:

ANY THOUGHT YOU HAVE THAT IS CRITICAL OF THE MIND IS NOTHING MORE THAN ANOTHER SIGN OF A TOTAL LACK OF UNDERSTANDING ABOUT THE MIND.

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TO EVER UNDERSTAND THE MIND YOU MUST GET PAST THINKING THAT IT IS EITHER: REAL, OR UN-REAL, AND ITS PERCEPTIONS EITHER: CORRECT, OR FLAWED.

ONE OF THE GREAT, PAST METAPHYSICAL TEACHER'S MOST FAMOUS STATEMENTS,
 (ALTHOUGH UNTIL NOW, KEPT DEEP UNDER WRAP), WAS AS FOLLOWS:
 "I MAY BE ENLIGHTENED, BUT,
 THANK GOD, I DON'T UNDERSTAND ANYTHING ABOUT IT."

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PUBLIC SERVICE NOTICE:

NEVER BOTHER WITH A BOOK WHOSE TITLE PROMISES TO REVEAL:
 "FIFTEEN DIFFERENT WAYS TO ACHIEVE - SINGLE MINDEDNESS."
 ..(OH, YOU'VE ALREADY BOUGHT IT?!.....I'M SORRY.)

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ALL ILLS, (BUT DEATH), ARISE FROM BEING MENTALLY DISTRACTED:
 DISTRACTION IS MANS' ONLY DEMON:
 HIS SOLE PROBLEM,
 THE SINGLE OCCURANCE THAT KEEPS HIM INTERNALLY RESTLESS & DISSATISFIED.
 THERE IS NEVER PEACE IN THE YARD OF ONE'S MIND WHILE THE DOG RUNS WILD.
 THUS WAS THE ORIGINAL BASIS & MESSAGE OF ALL FORMS OF THIS ACTIVITY,
 AND THUS IT REMAINS TODAY.

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WHEN YOUR DUAL MENTAL CONCEPTS OF EITHER: "DOING SOMETHING", (IN REGARD TO
 AWAKENING), OR ELSE: "NOT DOING ANYTHING" MERGE, AND CEASE TO EXIST IN
 YOUR MIND AS TWO DIFFERENT THINGS),
 YOU WILL FIND YOURSELF AT A TOTALLY NEW, & EXTREMELY REFRESHING PLACE INTERNALLY
 THAT YOU NEVER KNEW WAS THERE.

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THE AWAKEND MIND IS ONE WITH NO CHARACTERISTICS.

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THE MORE YOU COMPLAIN & CRITICIZE
 THE MORE YOU BUILD UP A MENTAL "RESISTANCE" TO THE WAY OTHER MEN ACT & SPEAK
 WHICH SUBTLY BECOMES A RESISTANCE TO LIFE ITSELF, AND THE FACT THAT --
 -- YOU ARE HERE AND ALIVE.

ASK YOURSELF THIS:

WHY DOES NOTHING APPEAR "IMPERFECT" TO MAN BUT MAN HIMSELF?!

..WHAT, WITHIN THIS OVERWHELMING, NATURAL DYNAMIC IS NOT BEING REALIZED?!

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WITH RESTLESS RATS RUNNING ABOUT IN THE ATTIC
 THE PEOPLE DOWN BELOW NEVER LIVE IN PEACE --

AND THE RATS HAVE HAD SUCH FREE REIGN IN MENS' HOUSES FOR SO LONG THAT
 MOST PEOPLE HAVE BECOME TOTALLY ACCUSTOMED TO THEIR ACTIVITY -- IN FACT
 TO SUCH A DEGREE THAT IT HAS BECOME A NEAR "ADDICTION"
 AND ONE FROMWHICH MEN SHOW LITTLE NATURAL DESIRE TO FREE THEMSELVES.

QUESTION: FOR JUST HOW LONG CAN A MAN -- ANY MAN -- CONTINUE TO DESCRIBE
 THINGS THAT ARE "WRONG" WITH MAN?

ANSWER: FOR AS LONG AS A MAN CONTINUES TO LET WORDS & IDEAS DISTRACT HIM.

QUESTION #2: WHO WANTED TO KNOW THE ANSWER TO THE FIRST QUESTION?,

ANSWER: HARDLY ANY ONE.

FACT: A MAN WHO SITS AND PONDERES THE PROBLEM OF THE "RATS IN THE ATTIC" --
 SITS AND DREAMS,

AND MERELY RE-INVIORGRATES THE RODENTS' ACTIVITY.

NEW FOLK SONG: "OH IT TAKES A TROUBLED MIND
 TO SING THE SAD SONG OF THE -- ORDINARY MAN."

THE PEOPLE IN THE VILLAGE BELOW A CERTAIN MONESTARY WANTED TO HAVE A SPECIAL
 CELEBRATION TO HONOR THE HEAD OF THE SCHOOL, BUT HE DECLINED,
 KNOWING HOW STRONG WAS THE POTENTIAL FOR SUCH AN ACTIVITY TO DISTURB HIS MIND.

...(THE VILLAGERS WERE UNAWARE THAT THE SCHOOL'S MOTTO WAS:

"LISTEN TO NO ONE.....,ABOUT ANY THING.....BUT ESPECIALLY ABOUT YOU.")

RATS ARE BY THEIR INESCAPABLE NATURE, RESTLESS,
 AND CANNOT BE BROUGHT UNDER CONTROL -- UNLESS
 YOU FIND A WAY TO, "GET-INTO-YOUR-ATTIC" --
 -- AN ACCOMPLISHMENT THAT IS EXTRAORDINARY!...
AND THUS ONE REQUIRING EXTRAORDINARY EFFORTS
 BASED ON EXTRAORDINARY KNOWLEDGE,
 WITH IT ALL BEING DEPENDENT ON -- EXTRAORDINARY TIMES!
QUEERY: WHEN ARE, "EXTRAORDINARY TIMES"? -- WE'RE IN THEM.

YES, IT'S TRUE, AS COMMONLY NOTED:
 WE ARE ALL BORN, "NAKED AND WITHOUT BLISMISH".,
 BUT MOST MEN GO OUT WITH SEVERE RAT SCRATCHES ALL OVER THEIR HEAD.

ACCORDING TO LEGEND THERE ONCE EXISTED A MIGHTY SCHOOL FOR CLARITY
 WHOSE FIGHT SONG WENT LIKE THIS:

"YOU'RE UPSET?!,
 YOU'RE UPSET?!,
 HELL, I'M UPSET,
 WE'RE ALL UPSET,
 SO: WHAT'S THE POINT?!"

'TIS BETTER TO CONTROL THE MIND FOR SIXTY SECONDS
 THAN TO WRITE SIXTY THOUSANDS WORDS ABOUT AWAKENING:

LET WOULD-BE AUTHORS SLIP THIS MESSAGE UNDER THEIR ATTIC DOOR:

"DON'T SEND ME A CARD,
 DON'T SEND ME A LETTER,
 DON'T MAKE ME FEEL WORSE,
 DON'T MAKE ME FEEL BETTER:
 AS MUCH AS I'VE TRIED,
 TO MAKE YOU HELP ME,
 THIS NOW IS MY PLEA -- JUST LEAVE ME BE."

BE NOT RESTLESS,
 BUT WHEN YOU ARE: DO NOT OVER IT, GREIVE.
 RATS AND ATTICS GO TOGETHER LIKE FARTS AND CABBAGE.

AND WE CONCLUDE TODAY'S NEWS WITH THIS ONE GUY'S OBSERVATION:
"MY BEING ASLEEP & MENTALLY OUT OF CONTROL WOULD SURELY DRIVE ME CRAZY
WERE IT NOT FOR MY CAPACITY TO -- THINK-ABOUT-IT."

...(AND MY FINAL EDITORIAL COMMENT IS:
THAT WAS NO "CONCLUSION" --
THAT WAS A PARTING BLOW TO A MYSTIC'S SECRET SOLAR PLEXUS