

MY NEWS FOR APRIL 19, 1999

ONE MAN, AFRESH, TRIED TO MAKE IT PLAIN TO HIMSELF:

"I SEEM TO HAVE THREE POSSIBLE MENTAL CONDITIONS:

ONE IS WHEN MY MIND IS STILL AND MY ONLY THOUGHT IS THAT: 'MY MIND IS STILL':  
THE SECOND CONDITION IS WHEN MY MIND IS NOT STILL AND FOR ALL INTENTS,  
I HAVE NO 'I' THAT IS AWARE OF ANYTHING GOING ON IN MY MIND,  
AND THE THIRD CONDITION IS WHEN I REALIZE THAT I WAS JUST IN THE SECOND  
CONDITION RATHER THAN THE FIRST AND BERATE MYSELF THEREOVER.

THESE THREE MENTAL CONDITIONS SEEM TO BE ALL THAT I PRESENTLY EXPERIENCE:  
THESE THREE: AROUND-AND-AROUND -- OVER-AND-OVER AGAIN.

...WHAT A SITUATION...WHAT CHOICES,

BUT IS IT SURELY NOT AS ALWAYS, THAT I AM OVERLOOKING ANOTHER POSSIBILITY?!,  
AND I KNOW THAT THE ANSWER IS, 'YES', IN THAT I UNDERSTAND NOW THAT  
EVERYTHING I KNOW IS JUST A DESCRIPTION I CONJURED UP IN MY MIND,  
OR ELSE ONE FROM SOMEONE ELSE'S MIND THAT I HAVE ADOPTED.

STILL IT STRIKES ME TO BE OF POTENTIAL BENEFIT TO CONSIDER MORE CLOSELY  
THAT I PRESENTLY PERCEIVE MY MENTAL LIFE TO CONSIST OF THE THREE CONDITIONS  
I HAVE JUST DESCRIBED."

X X X

TO "BE ASLEEP" IS TO HAVE CONSCIOUSNESS, BUT TO EXPERIENCE IT, UNCONTROLLABLY.

X X X

EACH MORNING, UPON OPENING YOUR EYES, TO ALLOW YOUR THOUGHTS TO  
IMMEDIATE COMMENCE THEIR USUAL, FRANTIC RUNNING & GET-UP-TO-SPEED,  
IS TO ASSURE THAT YOUR ROUTINE DREAMS, DELUSIONS & IMAGINARY CONVERSATIONS  
ARE PRIMED & READY FOR ANOTHER ROUTINE & DREARY MENTAL DAY.

ATTENTION: DISCOVER AS QUICKLY AS POSSIBLE  
WHY ALL CRITICISM OF MAN SHOULD BE IGNORED.

X X X

A MAN PROPERLY CONSCIOUS & ALERT  
IS A MAN IN HIS OWN YARD -- ALONE WITH HIS DOG.

X X X

AFTER HE'D HEARD NUMEROUS COMMENTS SUCH AS:  
"WITHOUT LOVE THERE IS NOTHING.",  
"WITHOUT FAITH THERE IS NOTHING.",  
"WITHOUT A CAUSE TO LIVE FOR, THERE IS NOTHING.", ETC.,  
ONE MAN SAID TO HIMSELF:  
"WHAT THEY ACTUALLY MEAN IS THAT:  
'WITHOUT WORDS, THERE IS NOTHING'.....  
....AT LEAST, NOTHING OF THE SORT OF STUFF THEY'RE TALKING ABOUT."

AND THEN ANOTHER MAN MUSED:  
"WOULD THAT I COULD TRANSFER MY CLEVERNESS IN TALKING ABOUT IT  
TO MY CLEVERNESS IN DOING IT."

X X X

TO "BE SLEEP" IS TO THINK, BUT -- UNAWARES THAT YOU THINK.

X X X

A MAN PROPERLY ALERT & PREPARED IS A MAN IN HIS OWN YARD,  
ALONE WITH HIS DOG -- WHO IS CALM.

X X X

THE MEANINGFUL MENTAL DISCOVERIES YOU MAKE REGARDING THE  
"STRUGGLE-TO-AWAKEN"  
ARE DISCOVERIES ABOUT THE MIND --  
-- THERE IS NO "STRUGGLE TO AWAKEN" OUTSIDE THE MIND.

X X X

A MAN MAKING SUITABLE EFFORT IS A MAN IN HIS OWN YARD  
 PAYING ATTENTION ONLY TO HIS DOG.

NOTE: NO ONE ELSE'S DOG WILL EVER ENLIGHTEN YOU:  
 THEY CAN ONLY DISTRACT YOU,  
 AND LEAD YOUR OWN DOG FROM ITS YARD.....WHERE IT BELONGS.....IF  
 YOU'RE EVER GOING TO ACCOMPLISH ANYTHING IN THIS ENDEAVOR.

NOTE: THE BARKS ALWAYS SOUND GREENER & MORE ALLURING FROM OUTSIDE YOUR YARD,  
 BUT KNOWING THIS: WHY ALLOW THIS FORM OF INNER DECEPTION TO CONTINUE?!

- - -

THE THREE THINGS TO NEVER LET IN YOUR YARD, NO MATTER THEIR SOURCE:  
 CRITICISMS, WARNINGS & CONDEMNATIONS.  
 THEY WILL, (WITH NO POSSIBLE EXCEPTIONS), POISON YOU,  
 AND EVENTUALLY CAUSE YOU, "MENTAL RIGOR MORTIS"  
 EVEN WHILE YOUR BODY LIVES.

X X X

WHO UNDERSTANDS THAT TO SPEAK OF ENLIGHTENMENT OR ILLUSION IS TO BE ASLEEP?,  
 ...WHO KNOWS HOW TO LEARN TO UNDERSTAND IT?!

WHAT IS THERE TO SPEAK OF OTHER THAN: THE FRESHNESS OF THE BROOK:  
 THE BEAUTY OF THE FIELDS, THE COOLNESS OF THE BREEZE?!

IN HIS OWN YARD,  
 ALONE WITH HIS DOG,  
 A MAN SUFFERS NO BABBLE,  
 AND IS THUS NOT LURED TO DISTRACTION & PERSONAL DISSATISFACTION.  
 THE BROOK IS FRESH: THE FIELDS ARE IN BLOOM, AND THE BREEZE IS COOL.-  
 -- WHAT MORE CAN A MAN ASK FOR, OR TRULY ENJOY?!

ALL TALK OF ENLIGHTENMENT & ILLUSION ARE THE  
 BARKING SOUNDS OF DISTANT DOGS.

IN YOUR OWN YARD -- AT THIS VERY MOMENT IS  
 THE SILENT REALITY BEHIND SUCH BARKS.

X X X

SERVING AS HIS OWN PHYSICIAN  
 ONE MAN ULTIMATELY DIAGNOSED WITHIN HIMSELF, A MULTITUDE OF ILLS.

FACT: THE THREE LEGS UPONWHICH STANDS ALL FORMS OF SELF-DECEPTION ARE:  
 CRITICISMS, WARNINGS & CONDEMNATIONS.

FACT: MISDIAGNOSED ILLS CAN NEVER BE CURED. -- AND:  
 ALL MORTAL "ILLS" ARE PRODUCTS OF - MISDIAGNOSIS.

FACT: ALL OF MANS' MISDIAGNOSED ILLS ARE THE RESULT OF HIM NOT REALIZING,  
 ONE SIMPLE FACT.

NO MATTER THE SIZE OF THE UNIVERSE  
 YOU ONLY HAVE ONE YARD INWHICH TO PLAY,  
 AND THAT ONE YARD IS YOUR OWN MIND,  
 AND WITHOUT THE UNDERSTANDING OF THIS FACT -- NOTHING IS UNDERSTANDABLE.

REMINDER: NEVER ALLOW INTO YOUR YARD THESE THREE CURS:  
 CRITICISMS, WARNINGS & CONDEMNATIONS,  
 AS INHERENT IN SUCH STATEMENTS AS:  
 "UNLESS YOU DO, 'SO-&-SO' -- NOTHING IS UNDERSTANDABLE."  
 THIS IS NOT A "STATEMENT OF PERMANENT FACT",  
 BUT A TEMPORARY TONIC FOR A MISDIAGNOSED ILL.

ONCE YOU'RE ENTICED OUT OF YOUR OWN YARD  
 YOUR DOG BECOMES SO RESTLESS, NOISY & UNCONTROLLABLE  
 THAT ANY POSSIBILITY OF UNDERSTANDING IS LOST.

A MAN IN HIS OWN YARD, PAYING ATTENTION ONLY TO HIS DOG  
 IS A MAN IMMUNE TO CRITICISMS, WARNINGS & CONDEMNATIONS,  
 EVEN IF THEIR SOURCE IS WITHIN HIM.

X X X

FORGET ABOUT PHILOSOPHIES AND IDEAS --  
 NOTHING EFFECTS A PERSON'S MIND LIKE HORMONES.  
 ... (OR FOR THOSE OF YOU WHO KNOW WHAT I'M TALKING ABOUT:  
 "NOTHING EFFECTS A PERSON'S MIND BUT HORMONES.)

X X X

IN A TRAVELER:  
 THE MIND ENLIGHTENED,  
 LEAVES NO TRACE, NOR NEEDS DIRECTIONS.,

..(THIS IS WHY IT IS SUCH A SIMPLE MATTER TO -- GET HOME.)

ONCE AWAKE FROM HIS DREAM,

A MAN HEARS THE TRUTH; THE SOUND OF THE BROOK, THE RUSH OF THE WIND.

AND A CERTAIN MAN SAID TO HIMSELF:

"AH, IF I COULD BUT TRANSFERE MY, 'WAY-WITH-WORDS' IN THIS MATTER  
 INTO THE WAY I DO IT. "

NOTE: YOU ARE EVEN NOW CLOSING IN ON IT

THE LESS YOUR, "TALKING-TO-YOURSELF-ABOUT-IT"

OUTSTRIPS YOUR, "DOING-SOMETHING-ABOUT-IT".

FACT: THOSE WHO OUTWARDLY SEEM TO KNOW THE MOST ABOUT IT  
 AREN'T NECESSARILY THE ONES DOING THE MOST WITH IT.

I REMIND YOU AGAIN: THE BARKING OF NO ONE'S DOG, (INCLUDING YOUR OWN),  
 BEARS ON THIS MATTER.....ULTIMATELY.

STAY IN YOUR OWN YARD,

WITH YOUR OWN DOG, AND -- "SHHHHHH" -- BE QUIET.

WHAT BENEFIT CAN BE ATTAINED  
 EVEN SHOULD YOU STUDY A LIFE TIME,  
 THE CAPTURE OF UNICORNS?!

SO, CONSIDER THE TRICK TO BE -- TO:

STAY IN YOUR OWN YARD WITH YOUR OWN DOG,

AND TAKE ALL DESCRIPTIONS OF MAN TO BE:  
 MISDIAGNOSES.

BE LIKE A DEAF DOG IN YOUR OWN YARD,  
 AND TELL YOUR MENTAL EARS: "SHHHHHH.  
 LISTEN ONLY TO YOUR OWN SILENCE,  
 AND IGNORE EVERYTHING ELSE."

..(REMEMBER: "SHHHHH'S" THE WORD,  
 EVERYTHING ELSE IS -- MIS-STATEMENT.)