

MY NEWS FOR MAY 17, 1999

A SPEAKER WHOSE SOLE INTEREST WAS IN THAT OTHER-STATE-OF-MIND  
IN ADDRESSING AN AUDIENCE, SPOKE THESE WORDS:

"TO HE WHO AWAITS IMPROVEMENT -- NO IMPROVEMENT EVER COMES.",  
AND FROM THE CROWD A VOICE CRIED OUT: "BUT THAT'S NOT REASONABLE.",  
AND THE SPEAKER RESPONDED:

"TO HE WHO EXPECTS 'REASON' IN THIS AFFAIR -- NOTHING EVER CHANGES.

...IN BLUNT OF FACT:

NO IMPROVEMENT WILL EVER OCCUR WHILE YOU ARE THINKING ABOUT  
WHAT A FAILURE YOU ARE AT IMPROVING YOURSELF."

THE ROOM FELL SILENT AS THE ASSEMBLED SEEMED TO WRESTLE WITH WHAT HAD  
BEEN SAID, 'TIL FINALLY THE SPEAKER ADDED THIS:

" A RESOLUTION TO THIS VEXATION IS SIMPLE AND IMMEDIATELY AVAILABLE:  
'ALWAYS THINK OF SOMETHING ELSE.',

FOR IF YOU ARE SO DOING, ALL USELESS, INHIBITING NOTIONS REGARDING  
YOUR FAILURE TO ACHIEVE IMPROVEMENT IN YOURSELF ARE VAPORIZED,  
FOR BY --- 'ALWAYS THINKING ABOUT SOMETHING ELSE' -- YOU ARE IMPROVED."

THE SPEAKER AGAIN HALTED HIS COMMENTS WHILE THE AUDIENCE ATTEMPTED  
TO DIGEST HIS ADDITIONAL WORDS, BUT THEN THE SPEAKER SERVED UP  
A FINAL SPOOFUL:

"CONSIDER: WHAT IT IS THAT YOU ARE AFTER IN ACTIVITY SUCH AS THIS IS:  
'A-NEW-STATE-OF-MIND', AND THE DIRECT, IMMEDIATE WAY TO GO ABOUT THIS  
PURSUIT IS TO KEEP YOUR MIND ENGAGED IN AN: 'ENDLESS CHANGE OF MIND' --  
-- (THAT IS): 'ALWAYS BE THINKING ABOUT SOMETHING ELSE'."

BY NOW, MANY IN THE CROWD WERE HAVING NOTICABLE DIFFICULTY IN SWALLOWING,  
AND THE SPEAKER CONCLUDED BY SAYING:

"IN THAT SPECIALIZED AREA OF: 'THOUGHT-&-SPEECH' INWHICH WE ARE HEREIN  
OPERATING, CONSIDER FINALLY THIS:

THE CLOSEST THING TO 'SUCCESS' IN YOUR ATTEMPTS TO IMPROVE YOURSELF  
IS WHEN YOU CATCH YOURSELF FEELING A FAILURE AT IMPROVING YOURSELF,  
AND BASED ON WHAT I HAVE NOTED TONIGHT, YOU: 'SNAP-OUT-OF-IT'--  
-- YOU ARE AWARE OF THE ABSOLUTE CONFINES OF THE MIND,  
AND OF ITS FINITE RESOURCES, AND REALIZE THAT NOT ONLY IS  
NO IMPROVEMENT POSSIBLE THEREIN, BUT THAT THE IDEA THAT A  
FAILURE TO IMPROVE IS POSSIBLE IS AN EVEN MORE GRANDIOSE ILLUSION."

OUTSIDE THE LECTURE HALL, AS THE AUDIENCE WAS DISPERSING,  
ONE MAN WAS HEARD TO COMMENT: "I'M OPPOSED TO EVERYTHING THAT'S  
AUTOMATIC EXCEPT: BREATHING, DIGESTION AND MY CAR STARTING EVERY MORNING."

AND ONE MAN OFFERS THIS POETICALLY PRELUDED OBSERVATION:

"DRUGS, DRUGS,  
THEY'RE NOT JUST FOR THUGS.

I LIKE COFFEE BECAUSE IT MAKES ME MORE DISTRACTED  
WHILE MAKING ME FEEL MORE FOCUSED,  
AND I LIKE ALCOHOL BECAUSE IT MAKES ME DUMBER  
WHILE MAKEING TO BELIEVER I'M SMARTER.

WHERE OH WHERE WOULD I BE WID OUT ME -- DEAR, DEAR DRUGS?!.....  
....(ESPECIALLY THE ONE THAT PASSES ITSELF OFF AS: 'THINKING'....  
...WHICH MAKES POSSIBLE BOTH THE JUST NOTED DELUSIONS  
WITH A SINGLE DOSE.)"

ONE MAN CALLED HIS METHOD FOR THE-ACQUISITION-OF-IMPROVED-CONSCIOUSNESS  
BY THE NAME: "NOTHING HELPS.",  
AND WHENEVER SOMEONE WOULD SAY TO HIM THAT IT MADE NO SENSE,  
HE'D IMMEDIATELY WHIP OUT A NOTEBOOK AND WRITE DOWN THEIR COMMENT,  
AND SAY: "HEY THANKS -- THAT'S REALLY HELPFUL."

AND ONE MAN NAMED THE VEHICLE THAT HE ATTEMPTED TO  
CRANK UP EACH MORNING: "THE DESTROYER OF: THE-DUAL-DELUSIONS.",  
(MORE SPECIFICALLY: THE DUAL DELUSIONS OF BELIEVING THAT THRU  
ANY FORM OF AUTOMATIC THINKING THAT YOU ARE SMARTER AND MORE FOCUSED.  
[WITH THE COROLLARY BENEFIT OF BEING FREED FROM ANY SENSE OF FAILURE  
WHEN THESE DELUSIONSARE NOT ARE REALIZED].)

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ONE MAN REALLY ENJOYED MAKING UP STUFF:  
HIS MIND ALSO SEEMED TO ENJOY DOING THIS, BUT WHEN HIS MIND DID IT,  
AND HE WAS THE LISTENER TO IT, IT WASN'T THE SAME FUN AS IT WAS  
WHEN HE, NOT HIS MIND, DID THE MAKING UP OF THE STUFF.

IF IT'S AUTOMATIC, IT'S NEVER FUN FOR THE FEW:  
IF IT'S AUTOMATIC, ANY IDEA OF IT BRING ABOUT "IMPROVEMENT"  
IS PURELY IMAGINARY.

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ONE MAN CALLED HIS SCHOOL FOR THE DEVELOPEMENT OF  
 "INCREASED" CONSCIOUSNESS: "IT'S ALL AN ILLUSION.",  
 AND YOUR REWARD FOR COMPLETING THE COURSE WAS THE UNDERSTANDING THAT  
FAILURE-TO-DO-SO HAD BEEN IMPOSSIBLE.

EXTRACIRRUCLAR NOTE: THE ONLY WAY TO PERMANENTLY KEEP FROM,  
 "MAKING-A-FOOL-OF-YOURSELF",  
 SEEMS TO ME TO BE OBVIOUS: STOP FOOLING YOURSELF:

DON'T CONTINUE TO MENTALLY LIVE IN THE EASY-TO-SEE-THROUGH-DREAM THAT  
 THE MIND IS ANYTHING OTHER THAN A COMPLETELY CLOSED & FINITE SYSTEM  
 WITHINWHICH ALL IDEAS OF SOME SORT OF "IMPROVEMENT" THEREIN  
 ARE TOTAL FOOLISHNESS,  
 THUS RENDERING ALL IDEAS THAT YOU ARE FAILING IN YOUR EFFORTS TO  
 ACHIEVE SUCH NON-EXISTANT IMPROVEMENT,  
 ALSO TRANSPARENTLY NONSENSICAL.

ONLY MEN, (INCLUDING, UNENLIGHTENED MYSTICS), WHO ARE BEREFT OF  
 UNDERSTANDING THE MIND  
 LIVE UNDER THE IMPRESSION THAT, "BEING ALIVE" EITHER  
LEADS SOME WHERE OR DOESN'T.

SLEEPERS ALWAYS AWAIT FOR -- "TOMORROW TO COME."  
 AND BY LABORING UNDER SUCH A MEANINGLESS & DISTRACTING EXPECTATION  
 SUCH PEOPLE ALSO BECOME SADDLED WITH THE ANKLE WEIGHTS OF  
 LOOKING FOR EITHER "IMPROVEMENT" , OR ADDITIONAL SIGNS OF FAILURE.

...AND I REMIND YOU THAT THE SURE & INSTANT CURE FOR THIS IS TO  
 ALWAYS IMMEDIATELY BRING TO YOUR MIND & THUS INTO FACT THE REALITY THAT  
 BY SIMPLY RECOGNIZING THE ILLUSION THAT YOU CAN MENTALLY  
 "IMPROVE YOURSELF" FOR WHAT IT IS, INSTANTLY FREES YOU FROM IT,  
 AND INDEED THEREBY,  
 YOUR CONDITION IS IMPROVED.

ONE MAN REFERED TO HIS APPROACH TO GAINING A NEW STATE OF MIND AS:  
 "GIVE IT UP!", AND WHEN SOMEONE WOULD ASK: "GIVE UP WHAT, SPECIFICALLY?"  
 HE'D REPLY: "THAT, FOR STARTERS."

UPON CERTAIN REFLECTION, ONE MAN SAID TO HIMSELF:  
 "WHAT IS MORE PATHETIC THAN A PHYSICIAN FACED WITH AN INCURABLE ILL?",  
 BUT BEING CAPABLE OF FORMING SUCH A QUESTION,  
 HE ALSO KNEW ITS ANSWER:  
 "AN UNENLIGHTENED MAN LOOKING AT HIS MIND'S UNWAVERING FAILURES  
 TO IMPROVE ITS OWN HEALTH."

ABOVE HIS DOOR, ONE MAN PLACED A SIGN THAT SAID:  
 "SCHOOL FOR THOSE LONGING TO ACHIEVE A GREATER STATE OF MIND.",  
 AND OF EACH APPLICANT HE'D ASK:  
 "ARE YOU SINCERE IN YOUR LONGING?",  
 AND IF THEY REPLIED, "YES" THEY WERE, HE'D SAY:  
 "THAT'S NOT SUFFICIENT.", AND TURN THEM AWAY SO THAT THE  
 TRULY-SINCERE-AND-THEN-SOME  
 MIGHT HAVE A NEW OPPORTUNITY OF ASSESSING THE ACTUAL CONDITION OF  
 THE "LONGING" AS IT BE PICTURED BY THEIR MIND.

EVERY TIME YOU "THINK-ABOUT-IT" -- YOU FAIL:  
 AND EVERY TIME YOU REMEMBER TO SEE THIS KIND OF "FAILURE"  
 FOR WHAT IT IS -- YOU'VE SUCCEEDED:  
 I KNOW IT'S ILLOGICAL, UNREASONABLE IMPOSSIBLE, AND SO ON --  
 BUT NEVERTHELESS - "THERE IT IS" FOR THOSE WHO CAN HEAR.

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A MAN ASKS A MYSTIC: "CAN YOU DESCRIBE FOR ME IN DETAIL WHAT ALL OF THE  
 PAST ENLIGHTENED ONES HAVE MEANT BY SUCH TERMS AS, 'BEING ASLEEP'?",  
 "YES.", REPLIED THE MYSTIC, "IT MEANS, 'TOLERANCE' --  
 TOLERANCE OF THE AUTOMATIC THINKING THAT OCCURS IN MAN.

...AND I MIGHT ALSO ADD, A BIT MORE SPECIFICALLY: 'BEING ASLEEP' IS  
 YOUR ACCEPTANCE OF YOUR 'THINKING-IMPRESSION' THAT YOU LIVE IN AN  
 IMPERFECT WORLD: ONE THAT NEEDS TO BE AND THAT CAN BE 'IMPROVED'  
 AND MADE PERFECT. THAT IS: 'BEING ASLEEP'."

BE CLEAR ABOUT THIS: THERE IS ONLY ONE IRONY:  
THE SENSE OF FAILURE THAT INEVITABLY FOLLOWS ALL ATTEMPTED  
IMPROVEMENTS TO THE MIND.

AND A BIT OF MODERN DAY, BUMPER STICKER WISDOM BUMPED UP A LEVEL:  
"LIVING IS WHAT YOU DO WHILE THINKING ABOUT IT."

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AFTER A PARTICULARLY NASTY BIT OF INSIGHT,  
ONE MAN BEGAN CARRYING AROUND A CIGAR BOX WITH A MARBLE INSIDE  
WHICH HE CONSTANTLY SHOOK IN ALL DIRECTIONS CAUSING THE MARBLE TO  
NOISILY BOUNCE AROUND IN A MEANINGLESS FASHION-- AN ACT HE CONSIDERED  
EXEMPLARY OF THE CONDITIONS IN HIS MIND, AND WHICH HE HOPED IT MIGHT  
EVENTUALLY REPLACE.

AGAIN, BACK IN THAT SPECIAL, LIMITED LAND OF WORDS-&-IDEAS:  
IT COULD BE SAID THAT THE NEAREST THING THERE IS TO "FAILURE"  
IN THE REALM OF THE MIND IS IN TOLERATING THE THOUGHTS AUTOMATICALLY  
RUNNING THROUGH IT.

NEVER ACCEPT OR TOLERATE WHAT IS GOING ON IN YOUR MIND....UNLESS OF COURSE  
YOU ARE ENGAGED IN THE:"ALWAYS THINKING OF SOMETHING ELSE."

...AND A MAN ASKED A MYSTIC:  
"IS THERE ANY PROBLEM OR DANGER FROMWHICH THAT APPROACH  
WILL NOT SAVE ME?", AND THE ENLIGHTENED ONE JUST LAUGHED IN  
SERIOUS RESPONSE.