

ALONG THE WAY: We choose how we see all that we sense.

THIS MONTH'S THOUGHT: What is so important that it has the power to make me unhappy?

SCIENCE OF MAN: (Excepts from Lesson 8)

Here are some beliefs that self believes that may not be true. Check them all as you have time through the week:

“I” BELIEVE THAT “I” KNOW WHAT OUGHT TO BE. In other words the self know what ought to be. And it has known it all these years and everyone believes, without having checked it, that one knows what ought to be. But, we don't like what is. But we know that we would just be so happy if things were like they ought to be and “I” know what ought to be, of course.

Along with this, of course, is a concurrent belief. **“I” BELIEVE THAT “I” KNOW THE FUTURE.** If things were like they ought to be now “I” know what the outcome would be. But do you know the outcome of anything? A week from now?

“I” BELIEVE “I” KNOW WHAT IS GOOD AND WHAT IS BAD. Don't we? And do we really? Or is there any such things as opposites? Or is there only states of being? What is. **“I” BELIEVE “I” KNOW WHAT IS RIGHT AND WHAT IS WRONG.** After all, one is considered to be insane if one doesn't know right from wrong. But do we? Do we only know what we have been taught was right according to the ideal of the world.

“I” BELIEVE THAT ALL OTHERS ALL KNOW WHAT IS GOOD AND WHAT IS BAD, WHAT IS RIGHT AND WHAT IS WRONG, BUT THEY, BEING PERVERSE others go right on and do what is bad and what is wrong. This is the only way “I” can feel disappointed. That “I” can get angry. That “I” can have my feelings hurt. It's because “I” know that others all know what is good and what is bad, what is right and what is wrong, but that they being real evil people, go right on and do wrong anyway, most especially those of one's family.

“I” BELIEVE I KNOW WHAT “I” NEED IN ORDER TO BE HAPPY. And, of course, **“I” BELIEVE “I” KNOW WHAT IT IS TO BE HAPPY.** And “I” believe “I” know what “I” need in order to be happy and that “I” should be working for it. You see, when an not-I throws this at the I that is beginning to observe is it awful easy for it to catch it with suggestion and have it identify with that not-I that is giving such a logical old-line set of reasoning.

“I” BELIEVE “I” KNOW WHAT IS TRUE AND WHAT IS FALSE IN THE FIELD OF LIVING THAT RELATES TO ME. We all think we know what is true. And we have never really checked it out. And we are going to look and see if we really know what we believe. Now if I believe something, I haven't checked it out. If I've really checked it out, I'm aware of it. But that awareness is only good for this moment, because things are all together different, and situations are different in another moment.

“I” BELIEVE THAT I KNOW HOW TO GET WHAT I NEED TO BE HAPPY. “I” know how to get it if there wasn’t so many people in the way interfering with it. So the only thing “I” don’t know is how to make all others see things like “I” do so that they will do what is right and good so “I” could then be happy. And this is what we don’t know. This is what most people who attempt to attend classes, who try to read books, who go to various kinds of mental helpers, are all trying to find out: Is how “I” can make others do what “I” know they ought to do so “I” could be happy. And, of course, you put two people together with this same fundamental belief, it is easy to see there’s going to be a fight. But not only is this between two people, it’s between A and B. A knows what ought to be in order to gain the four dual basic urges and B does. So there is conflict within. And then, of course, this is carried on beyond two people. Is carried into two or more great ideologies, two great nations, religious groups, or what have you. Each knows that if they could just make everybody see what ought to be and what is really right, what is good, the world would be an utter utopian, would it not? But, maybe that belief is

“I” BELIEVE THAT “I” HAVE FREE WILL OR FREE AGENCY, BUT “I” ALSO BELIEVE THAT WHAT YOU DO DETERMINES MY FEELING AND BEHAVIOR. Now, there is a contradiction if we’ve ever seen one. “I” have free agency but “I” can’t exercise my free agency because of what you’re doing. You are making me mad. So, we’re saying a contradiction and unaware of it. Now, to be aware of contradictions in the self, is beginning to see the self. A says one thing. B says another. And ordinarily we only accept and take that for granted. And we never notice the contradiction. Now here is one of the great values of I observing the self as an object. It begins to see the contradictions. It begins to see A’s argument. And it sees B’s argument which are definitely in contradiction. But they have only been up one at a time, or one thought it has thought, trying to arrive at a decision. One thought one was one, trying to make a decision. But as one observes, one sees there’s first one, and then another, of a false personality takes over and attempts to get I to identify with it.

“I” BELIEVE THAT “I’M” AWAKE AND FULLY CONSCIOUS OF ALL “MY” MOTIVES AND “MY” BEHAVIOR. But as we’re beginning to observe we see that we’ve been asleep and that there is Not-Is, bits of conditioning, operating due to an association setting out a series of events.

“I” BELIEVE THAT MY ABILITY TO REASON IS INFALLABLE. How often does anyone ever question the reasoning ability of the self. Obviously as I observes self reasoning, one sees the many contradictions, many of the fallacies, and one is in a different state of being. One at least, while observing this, is utterly amused by it. Is in a state of vital interest to see that such can be going on and that one has taken it for granted all these years, because one was in a hypnotic sleep from suggestion of the world and the senses.

“I” BELIEVE THE DATA “I” ACCEPT TO REASON FROM IS INFALLABLE. We always accept the data as being infallible and that our reasoning ability is infallible. But how often have we really checked the data out. Or is it only a suggestion. This is something that I observes and withholds any judgment on it. It

doesn't condemn or justify. It is only aware of the three-ring circus that is going on in the self. It is very vitally interesting.

“I” BELIEVE “I” UNDERSTAND WHAT OTHERS MEAN BY THEIR WORDS. And, of course, sometimes we get very angry because we knew that what they meant was to insult me, or to aggravate me, or to put me down. And maybe that wasn't the meaning at all. They had other meanings. So, we never know what another person means by their words until we question them a bit. So, I will not condemn or justify. It can only report these words were said and we'll find out the meaning later. And one can continue to slowly discover meaning. And, of course, this is a second education for I. The first time I was educated was by conditioning. Now I is gaining an education. We're talking about the observing I. It is gaining an education by observing self, or John, or Mary. And most of what it is discovering is what is not true.

Many, many years ago a great man said to the speaker, “Don't ever look for the truth. Look for illusions. When you have seen an illusion for what it is, you have then seen the truth of the matter”. We would like to repeat that. Don't ever look for truth. Look for illusions. For when you see an illusion for what it is, you have seen the truth of the matter. Now all these beliefs are things that one has accepted as truth. Let's look and see if they're illusions. And if we should see one of them for illusion, we have seen the truth of the matter. And that is really a discovery. It is a change in the inner state. It is to be in an entirely different state of consciousness for the time being. It is to be in a different state of being. So, let's observe all these many beliefs and many of your own private ones. Of course, the ones being considered here are some very common ones that most of the people have. But most of us, also, have our own little private stock of conditioning.

Now, we can continue to work on these and many other beliefs. So, I is going to observe what self believes. So, our sheet will be headed, “The self believes”. And I will observe to see what self believes. Write it down. One may be seeing illusions and thereby seeing the truth of the matter.

A STORY: The Holiday Season is a time when it is easy to fall into either pleasant or unpleasant memories. Memory is not reality and is not “what is.” Memory is just a record of past events, which were probably recorded erroneously anyway because of the emotions through which I experienced them. Memory is, however, necessary, to find our way home from the post office.

The Christmas Season of 1981 was a particularly challenging one for me. Our divorce was final on December 14, 1981 and Neal, my husband, died on January 2, 1982. At this time of year, the “Not-I's” will use this illusion of the past in their attempts to destroy me. A word, an old song, an event can propel me into the dead past of 22 years ago as if it were now, with the same old destructive emotions of guilt and anger.

I can now see that the experience was a necessary step in my unfolding. I discarded all preconceived ideas and became open and eager for the Teaching ideas. I can now be thankful for the experience, which at the time I felt was devastating.

So, I must be especially diligent and not let the dead past destroy this precious, present moment.

The price of freedom is eternal vigilance.