

## **Chapter Three**

*You have nothing within you that is not to your greatest good. Each thing serves you. They serve to protect you from your imagined fears and your real fears.*

*A Tree*

Each of you has a curiosity and a desire to gain for yourself a greater understanding of what you are, why you are, and why you have to have pain for being what you are.

Also you want to know how you can have more pleasure for being what you are, and how you can interact in the world you live in, in a way that brings you more balance and more peace. Some of that will be answered easily for you. Some of it may require you to reach deeper into the true identity of you to see it. So, an understanding of your nature as human beings.

You hold an idea of a word that you call duality. It is bad and good, good and evil, yes and no, day and

night, black and white, male and female. That is known as a defensive conceptualization.

The perception that there has to be an evil thing says that you are the good thing and anything that is not you is the evil thing. Is that not true?

If you wish to test whether that is true you may ask yourself if you believe you are evil. Now ask yourself if you believe you are good.

In your three-dimensional world, where you live within a physical body, there are certain things that you must have as agreements between you and all other beings about you. Those things look like good if you keep them. They look like bad if someone catches you not keeping them.

They are questionable and they weigh upon you heavily if you didn't keep them and no one caught you yet. Those things that you believe are bad, that you have done, you will hide them, you will protect them, you will spend great amounts of time defending them. The reality is, whether it is that you defend them or not, they are still done.

So they hold you, constantly looking into the past. Then you must substantiate them, or support them with buttresses. By the untruth that you tell yourself you try to make it right. You did this

because. You did that because. You had no choice. As if you had seen the clear choice at the time you would have chosen it.

The reality is that in each of your moments you do make that choice. You make the choice for yourself that is the greatest pleasure and the greatest joy of that moment. The place where it hurts you is when you look only at that moment. Where you give up your future joy for the joy of that moment.

So, your nature is that of a hunting animal. In your physical form that is truly what you are. As a hunting animal you will only look as far as the next hunt. That is your physical consciousness.

The involvement in that, the result from that single hunt, is survival to you. That is your physical nature.

Overlaid with that you hold a form you call civilized consciousness. That is your interactive soul and your physical being bubbling up together as a unity which makes you. And that is where you have the concept of bad and good, right and wrong. It is also where you have the concept of time.

That is where you can form memories. It is all of those memories, the ones that are untruths, that

very often can keep you moving into more untrue things until finally you are not even certain what you are.

So, we will play with how to get rid of some of those uncertainties and be able to look at the wholeness of you without saying that you are bad or good but with saying that you are, and it is what you are that creates. It is what you are that perceives those creations, and it is what you are that gets to interpret them as pleasure or pain.

Perhaps if you can learn how to start interpreting the pleasure of life rather than having to look at the pain, you can see more of yourself.

Imagine for a moment a person, any person and since it is any person, it is you. This person holds only a concept of itself that is limited by its physical presence. How big do you think you are? What is the limit of you?

Close your eyes for a moment. Do you feel the persons next to you? Do you feel the persons in back of you and in front of you? Do you feel more than just your physical presence? The true nature of it is that you are very much larger than you believe you are.

The nature of what you are has about it a thing that we call the spiritual being. It is an encapsulating thing that unifies your soul and your physical animal presence. It unifies the two of these things into a physical manifestation that you believe is you, except you never think of it that way.

You think you end at your physical limits. Small understanding. You end as far as your power can extend outward.

You end as far as your emotions hold. If you enter a room and you are angered, everyone in the room will know your anger. If you enter it and you are in fear everyone else will know that fear. They may not know the true nature of that fear but they will feel it because of this encapsulating spiritual being. You cannot escape that.

You walk about your life as very large beacons to every other person. That is most wondrous.

Have you not wondered why some days when you awaken and you feel joyous that everything in that day seems to be joyous? Have you not wondered what is different about you this day, that for some reason or other you have no difficulty meeting members of the opposite sex? Have you not wondered why sometimes you can stand in a room and someone enters that room and you

look at them and you understand that they are strength? It is because of your spiritual being.

Your conscious mind is your aware mind, your awake mind. The thing that you will read a book with, the thing that will interpret the words that are written into meaning to you. That is your conscious mind. It is constantly looking into everything that you have experienced in the past and finds meaning in the present against what has happened in the past.

When it does that it is speaking to your memories: your yesterday mind, your unconscious mind, your experience mind, the place that holds the pain, the anger, the joy. The place that holds the remembrance of every emotion that has ever been to you. Yours, others around you, every interpreted moment from the moment of your physical birth is held in your brain.

It is very small in physical size but very large in power, because it is what truly makes your choices for you. You believe your conscious mind makes the choice. You believe your conscious rational mind is what drives you every day. You believe that when you get into your automachine it is your conscious mind that is driving. What do you find happens if you are threatened? When do you think? If you waited for your conscious mind to