

# PRETEND ONENESS

1. Calming your mind and life through meditation does not last! ...because, unfortunately, to attain some degree of "oneness" through meditation requires separation and isolation ...which is why calming through the distraction of meditation does not last ...and doesn't serve you well! ...and requires more and more meditation ...until you are addicted to meditation.

2. Through the separation and isolation of meditation ...you are actively opposing the oneness you seek! ...such that when you rise from this "pretend oneness" and return to the activities of daily life, your "oneness" is quickly lost ...and must be regained through another bout of separate-isolated mediation! ...this is foolishness!

3. You can, of course, calm your mind through being truly content in all activities!

4. Being content is not contentment! ...because contentment only means "being satisfied" ...which, like meditation, is very temporary ...and never really complete, ...for it takes a great deal of disquieting effort to satisfy you!

5. Being content is "not discontenting yourself"! ...so there is nothing you must do to be content, ..it is what you *don't do*! ...you can be completely active and involved in all things! ...no separation or isolation is required! ...just don't discontent yourself in whatever you choose to be and do!

6. By not discontenting yourself, even in daily activities, you will experience a state of oneness of yourself! ...which, since this is not loss of self, it enables you to remain fully active and involved in "that oneness" ...not in the pretend oneness of meditation in separation and isolation ...or the oneness of God!

7. Being content is a oneness with all things that does not require separation and isolation because there is no discontent to balance or overcome! ...it is a true realization of the oneness of individuality with all things! ...not a destruction of individuality for a pretend oneness.

8. A oneness that does not permit individuality is completely meaningless! ...for only through individuality can oneness be knowable and known!

9. The oneness of the universe is a distortion of language! ...it is a "pretend truth"! ...which is why meditation's "calm oneness" doesn't last beyond the first disturbance!

10. Meditation was originally intended as a "walk-around" state of enlightenment ...or oneness with all things ...and was not intended as a path to enlightenment ...or to no mind in oneness! ...for "no mind" only creates a pretend oneness!

11. Can you possibly understand oneness as not being discontent with anything? This true oneness enlivens mind and different and separation ...not "no-mind", same, and one! Meaningful oneness is always and fully active ...never passive!

12. Being content is a state of enlightened oneness engaged in all activities ...with an alert and active mind!

13. Everything you do in life is a "reaction" ...and reaction is a state of discontent! ...is that what you want to continue? ...separating and isolating yourself in meditation so there are no disturbances to react to is a state of dissociation and disconnection ...not oneness! ...and, despite everything you've ever heard, such withdrawal and remoteness will never truly serve you! ...for this state of false calm is quickly sacrificed to reacting!

14. Do you believe it is possible for you to be content and fully be yourself in the midst of disturbances all around you? ...that alone is true enlightenment! ...in awareness and self-realization! ...but that can only be through the fiat of command and declaration (P17,18) ...not through the reactions of cause and effect!

15. Do not seek loss of self as enlightened oneness! ...being actively content in self is true oneness!

16. Can you understand personalbeing as a narrow-limited sense of self through involvement? ...can you visualize privilegedbeing as an expansive-extensive sense of self through separation and isolation ...or detachment and uninvolved? ...are you willing to conceive of your illuminatedbeing as a fully active and involved ...yet contented communion of personalbeing-privilegedbeing?

**Breathe eternal illuminated life into your life!**