

MIND CHATTER

ISSUE #161 JUNE 2006

WHO ARE YOU REALLY?

BY BILL HARRIS

ALSO:

THIS MONTH'S
MINDQUOTES

GLOWING
TESTIMONIAL
OF THE MONTH

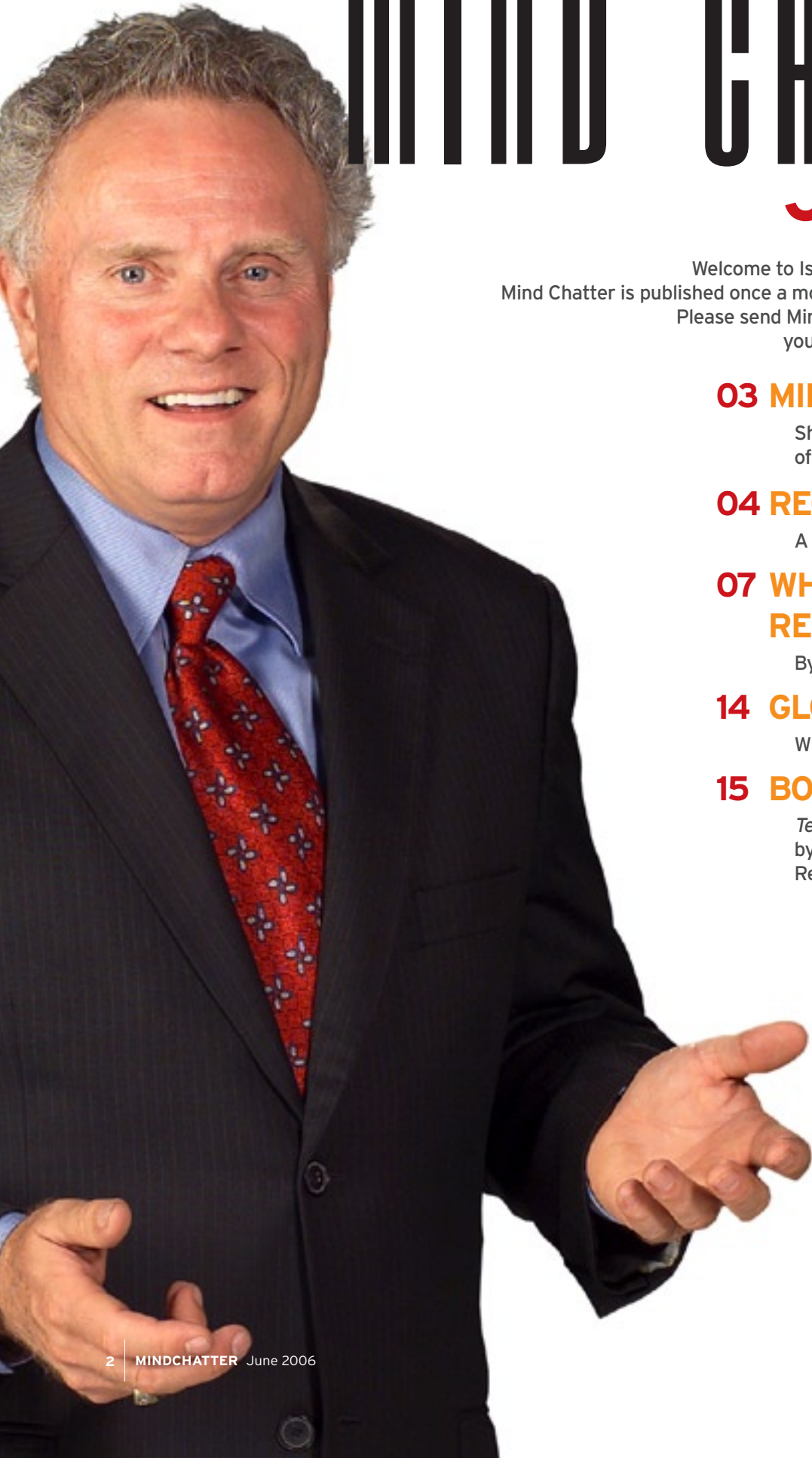
ONLINE COURSE:
LIFE PRINCIPLES

BOOK REVIEW
TEN ETERNAL
QUESTIONS

BY ZOE SALLIS

REVIEW BY MARC GILSON





MIND CHATTER

JUNE 2006

Welcome to Issue #161 (June 2006) of MIND CHATTER
Mind Chatter is published once a month, on or about the 16th of each month.
Please send Mind Chatter to a friend, and please send us
your questions, comments, and suggestions.

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Short quotes from various sources
offering succinct nuggets of wisdom

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MIND CHATTER contains articles about:

How you create your life—and how you
can stop unconsciously creating
experiences and outcomes you do not
want, and instead begin to create
exactly what you do want

Personal and spiritual growth in general

Meditation (high- and low-tech)

Recovery from emotional trauma

Pretty much any other subject I get
excited about and want to write about.
After all, it's my company and my
newsletter, and I can do whatever
I want with it. So there.

MINDQUOTES



Let's not just transform those in need, we can also find ways to help transform those in power

- unknown

The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires.

- William Arthur Ward

The greatest good you can do for another is not just share your riches, but reveal to them their own.

-Benjamin Disraeli
(1804-1881)

Use what talent you possess: the woods would be very silent if no birds sang except those that sang best.

-Henry Van Dyke

Recommendations that may benefit you

» BY BILL HARRIS

Live long and prosper!

Unless you've been living in a cave lately, you must have seen some of the recent news about the health benefits of meditation.

IT'S EVERYWHERE...

An article published in the American Heart Association journal, *Stroke*, recently reported that meditation can reduce cholesterol buildup and the associated risk of heart attack and stroke.

And another study of the elderly found that meditation actually added years to their lives.

The National Institutes of Health reports that regular meditation reduces chronic pain, anxiety, high blood pressure, cholesterol, and cortisol (sometimes called the "stress hormone") production.

A University of Wisconsin-Madison study discovered meditation boosts brain function and the immune system.

A recent issue of the American Journal of Hypertension featured the results of a study showing a significant lowering of blood pressure in a group of meditators compared to a control group of people who didn't meditate. The study also reported a 23% decrease in usage of antihypertensive drugs between the group of meditators and the other group.

A Harvard study also concluded that regular meditation can reduce pain, lower blood pressure, and cut production of the stress hormone, cortisol.

The most recent study by The American Heart Association shows heart and artery health improved 69 percent in test groups practicing meditation.

AND THIS IS JUST THE BEGINNING.

Practically every time you turn around there's another study documenting and supporting fantastic health and wellness benefits of meditation.

So, what's the quickest way to actually achieve these amazing benefits?

If there's a downside to meditation it's this... Traditional meditation can take years, even decades to master.

THE HOLOSYNC™ SOLUTION CHANGES ALL THAT.

Holosync uses advanced scientific technology to induce deep states of meditation virtually at the push of a button.

Most regular users of Holosync report fabulous results in weeks rather than years.

Try Holosync for yourself—for FREE!

Visit <http://www.centerpointe.com/> to get a FREE Holosync demo CD so you can see for yourself how this powerful technology can improve your life.

Here's an even better idea. Go ahead and order *Awakening Prologue* (the first level of The Holosync Solution) and get started with the real thing.

With our One-Year 100% Iron-Clad Guarantee, you can do so with no risk whatsoever.

Use Holosync for up to a full year and enjoy all the powerful and lasting benefits this kind of meditation brings you. And if you decide that Holosync isn't everything we promise, simply let us know and you can return it for a full refund. It's just that simple.

If you have any interest at all in increased health and vigor, increased longevity, lower blood pressure, peace of mind, and all the other great benefits of meditation, at least give Holosync a try.

Remember you can get a FREE demo CD by going to <http://www.centerpointe.com/>

And to learn all about the science behind Holosync, check out our extensive articles section here:

<http://www.centerpointe.com/about/articles.php>

Recommendations that may benefit you

» BY BILL HARRIS

Which of these big life improvements would you like to enjoy?

- I want more loving and fulfilling relationships
- I want to enjoy my successes rather than have them torn from my grasp at the last minute
- I want to be happier and more satisfied with my life
- I want to get rid of bad habits and adopt resourceful ones
- I know I could achieve a lot more with just a little bit of help



I want to create **MY LIFE** rather than live one that just happens to me

I KNOW THAT MANY PEOPLE MAY HAVE promised that they can teach you how to create the life you want. I promise you that I really can—and have for thousands of people.

I'VE ALSO ARRANGED FOR YOU TO BE ABLE TO EXPERIENCE A SAMPLE OF HOW I DO IT, FREE.

So, here's a very special opportunity for you...something that can totally turn your life around. And, it could be worth a considerable amount of money to you, as well.

JUST FOR A MOMENT, IMAGINE:

WHAT IF you could be IN CHARGE of what happens to you—including your feelings and emotions and other internal states, as well as your external results?...

Wouldn't that be a lot better than waiting for life to "just happen," where you sometimes get what you want, and sometimes you get what you don't want?

ARE YOU WILLING TO LEARN EXACTLY HOW YOU CAN DO THIS?

For the last year and a half, I've been teaching three 12-

lesson online courses called the *Life Principles Integration Process*, or LPIP, that teach you all of this, and more. I've received thousands of emails and letters from the people in these courses telling me how what they've learned has transformed their lives, even saved their lives.

So more people could afford the LPIP courses, and as an introductory offer, I'm offering them for an incredibly low \$249 per course.

AND, IF YOU SIGN UP FOR ALL THREE, I'LL GIVE YOU THE THIRD COURSE FOR FREE.

This actually made each course \$166 each, about \$13.83 per lesson. If I taught the LPIP material in seminar form, it would probably take at least ten long intense days to teach each course. And with all the personal follow-up I include, I'd have to charge several thousand dollars per course for you to attend.

AND EVEN AT THAT LOFTY PRICE, IT WOULD BE WORTH IT, I PROMISE YOU.

Not only that, there is an iron-clad money back guarantee on these courses. Take the course and do the homework, and if you don't think this is the most transforma-

Create the Exact Life you want **continued...**

tional experience you've ever had, I'll immediately refund your entire tuition.

In other words, you have nothing to lose but whatever ways you have been automatically creating what you don't want in life.

I will warn you, though. These LPIP courses are not your typical pablum-filled feel-good seminars where you feel high at the end but realize three weeks later that little if anything really changed.

If you take these three courses, EVERYTHING will change—and, for the better.

Your life will be transformed. You will have all the tools you need to be in direct control of your life—your feelings, your internal state, your external results, your behavior.

And, you will gain a huge insight into who you really are, why you're here, and what life is all about.

Plus you'll learn, step-by-step, the exact strategies, internal and external, used by the most successful people in the world to get anything they want. And, I'll show you how to make sure you use them and make them work for you.

And, as I said, if you don't get what you want from these courses, for any reason, you can get a refund. I'm taking all the risk, other than your time investment in actually doing the lessons.

If you're not serious about changing your life, if you aren't willing to do what it takes to operate at the highest level and really be happy, peaceful, and successful ALL THE TIME, this isn't for you.

But if you're serious, if you're sincere, these three courses will utterly and completely change your life.

Here's a huge and very unique benefit you'll get from these LPIP online courses:

In addition to everything else, all LPIP course participants get unlimited email access to me for any questions they have about course content. I answer every one of these emails personally—no staff members are involved—and some of my answers, when necessary, are sometimes three, five, even seven pages long.

I put everything into this course, because I really, sincerely want you to get everything I'm promising.

You though, have a part in the success of these courses—in fact, a big part. I don't wave a magic wand over you and change you into a happy, peaceful, successful person in complete control of his or her life.

**I JUST TELL YOU HOW TO DO IT,
AND GIVE YOU AN EASY WAY TO MAKE THE
CHANGE.**

Because I have such a huge personal time investment in answering all your questions, I want to make one thing very clear, though. Please DO NOT take these courses unless you're willing to do your part. I do not have the time to waste on those who aren't sincere and aren't willing to pay the price to create the internal changes they want.

But if you ARE sincere, and you really do want to change your life, I want to show you how to do it, and I will take you, step by step, through everything you need to know.

You CAN create an entirely new life for yourself, regardless of your past or present circumstances.

You can read more about each course and what it includes, and even listen to a free preview lesson, just by visiting <http://www.centerpointe.com/life/preview>.

So please, go listen to the free preview lesson, and if you really are ready to change your life, enroll in this amazing courses risk-free.

I look forward to having you in these courses and showing you that the possibilities for what your life can be really are limitless...regardless of your present or past circumstances.

Just visit <http://www.centerpointe.com/life/preview> to listen to the free preview lesson and to take advantage of the old low price before we're forced to raise it on June 1st.

Be well,



Bill Harris, Director.

**You can read more about
each course and what it
includes, and even listen to
a free preview lesson, just
by visiting the URL below:**

<http://www.centerpointe.com/life/preview>

Feature Article

WHO ARE YOU, REALLY?

BY BILL HARRIS, DIRECTOR

In previous *Mind Chatter* articles, we've looked very closely at the many ways you use your mind to create your inner and outer reality. In these articles I've described in great detail the various ways in which you run your brain, the way you internally process information, and how these create your internal states as well as your external results. This has included discussions of beliefs, values, metaprograms, internal strategies, and several other parts of what I call your Internal Map of Reality.

The purpose of these articles is to open you to the possibility that you could master these internal processes, rather than just continuing to allow them to run on autopilot. If you pay the price to master this information, you can be in charge of what you create in your life. (My Life Principles Integration Principles online courses are a great way to master

this information, and you can listen to a free preview lesson at www.centerpointe.com/life/preview.)

Now, we're going to zoom out a bit from the details of how you run your Internal Map of Reality and, in a series of articles, begin to examine two things: first, the idea of change, how change happens, how we resist change, and how to get out of the way so as to allow change to happen without resistance and suffering. Mastering change is important, since we live in a universe whose main feature is unrelenting, constant change. Learning how change happens and how to deal with it is essential if we're to be happy, peaceful and successful in the world.

Second, we'll look at something broader than the reality created by your mind, and broader than the constant change happening in this universe—what some would call the spiritual



Who are you, Really? continued...

realm—and we'll see how the mind and what it creates fits into the larger whole, and what that means for you as a human being.

THREE UNIVERSAL GOALS

I've often spoken about three goals I believe pretty much all people have: to be happy, to be peaceful inside, and to be successful in the world. If I were to pick one term to encapsulate what I mean by all three of these, it would be that all humans wish to *thrive*. This series of articles, in large part, is about how to thrive. But instead of looking at the fine details, as we have when looking at your Internal Map of Reality, we're going to look more at general principles. If you follow these principles, you'll have the ingredients that will allow you to thrive in this life.

Often people will agree about something or profess to understand something on the theoretical level, and then turn around five minutes later and,

in practice, violate the very principle they just pledged allegiance to in theory. This tells me that people often do not really understand the actual application of principles to real life. If you can't apply principles to real life, they have little value. I will be doing my best in these articles to get you to understand the practical application of what I'm going to share with you.

No one would get involved with Holosync, or read my articles, or participate in any other personal growth approach, if they were already 100% happy, peaceful, and successful. If you were thriving, you wouldn't have the motivation to learn this material.

This means that there is very likely some result you want that you aren't getting now.

In order to get what you're not currently getting, you must be willing to do things differently than you are now. This may seem obvious to you, but in actual

practice, it's not obvious at all. Over the last 25 years, I've dealt with well over 200,000 people in my role as a personal growth teacher. Almost all of them have shared one characteristic: they wanted different results, but almost always without having to change the type of thinking and acting that was creating their current results.

Somehow, people do not get, at a root-cause level, that how they think and how they act generates their results. This causes them to think they can get different results without changing how they think and act.

Getting different results does not come from changing your external situation. It comes from changing your internal situation.

“ A person can only continue to create results that do not serve them, whether internal or external, if they are blind to how the results are created—that is, if they are creating them unconsciously ”

My advice? Resolve right now to try new ways of thinking and acting. In previous articles, I've asked you to go into your own mind and discover the details of how you think, how you create your reality, what you believe, what you value, how you filter what

comes in, how you store it, how you represent it to yourself, and so on. And, I shared with you my ideas of how to think in a way that gives you the ability to be in control of what you create.

What many people do when they read personal growth books and articles, or attend seminars, is look for those parts of the information that support what they already believe, and either ignore—or resist—those things that don't confirm what they already think.

So I ask you to come to this series of articles with what the Zen Buddhists call “a beginner's mind.” Use this information to adopt a new way of seeing yourself and your place in the universe. If, at the end of the series, you'd rather go back to your old way of seeing things, your old way of being, you're free to do so. But unless you really try on what I'll share with you, you'll

Who are you, Really? continued...

never really know if it is a better way.

So I'm suggesting that you look for times when I say something that's foreign to the way you currently see things, and, just for fun, try it on, even if it feels funny to you, or even if you feel a lot of resistance.

WHAT IS "REALITY"?

Let's start with a very big picture overview of an age-old question, "What is reality?" For thousands of years, mystics have said that there is one energy in the universe, that the universe and everything in it is the play, the dance, the vibration of one energy—that underneath the seeming multiplicity, everything is made of the same substance. This energy, then, is everywhere, and "everywhen."

This idea of Oneness is sometimes described as Omnipresence, or God. The Hindus and Buddhists call this principle, *Sat*: one energy, everywhere, making up everything, always, past, present, and future.

Quantum mechanical physicists, for several decades, have been saying essentially the same thing. They noticed that on the sub-atomic level, particles come into being, seemingly out of nothing, and dissolve and disappear back into nothing; that two or more particles collide, and one, two, three, or more particles, often of a different kind, appear from the collision; or that all the particles cease to exist. There is a "something" that everything comes out of and returns to and which makes up, or is the background of, everything.

CONSCIOUSNESS

The mystics, however, went one step further. In addition to noting that this one energy makes up everything, and is everywhere, forever, they also said that this one energy is *aware* of itself being everything and everywhere and everywhen—that it is conscious, *that it has consciousness*. The mystics called this second characteristic of reality *Chit*.

Consciousness, in this sense, is not the same as what we would ordinarily describe as *knowing*, in a cognitive sense. This is not the same as your senses and your brain knowing or recognizing something, though that's one of the only reference points we have, intellectually,

for understanding the term *consciousness*. Ultimately, you have to experience *being it*, and I'll talk more later about what I mean by that.

So this oneness, this unity, is aware of itself *being everything*. Pretend for a moment that you are this one energy. If you were everything, there would be nothing outside of you to fear. That would be like fearing your own hand. If everything is you, and you're everything, there's nothing to fear.

There would also be nothing to get, nothing you could lack, since you're *everything*. There would also be nowhere to go, no journey to take. Seeking would be unnecessary. You're everything, always, everywhere, with nothing to want, nothing to fear, nowhere to go.

If you were established in this awareness of who you are, knowing that there was nowhere to go, nothing to get, and nothing to fear, you would be...happy, peaceful, blissful. The third characteristic of reality, then, according to the mystics, is called *ananda*, which means bliss.

The mystical explanation of reality, then, is that *reality is satchitananda*, which means one energy, everywhere, out of which everything is comes, that this energy is aware of itself being everything and everywhere and everywhen, and that as a result of this awareness, it is blissful, happy, peaceful.

This, according to the mystical view, is who you really are. Your fears, your desires, your idea that you have to get to somewhere, the idea that you lack something, is, in this view, an illusion. You are not a separate ego in a bag of skin, but, rather, this Oneness.

WHY AM I MISERABLE?

But the question comes: If this is true, why am I so unhappy so much of the time? Why do I feel so powerless? Why does it seem as if I am a separate creature in what looks to be a pretty dangerous and perilous world?

To live, I need a constant supply of air, and without it I die in just a few moments. I need food on a regular basis, or I die within a few weeks. I need my environment to stay within a very narrow temperature range or the chemical reactions that keep me alive cannot happen. And then there's ultraviolet rays, and other dangerous electromagnetic forces, and poisons,

Who are you, Really? continued...

and dangerous people who want to hurt me, and if I get just a few miles away from the surface of a planet that needs a certain atmosphere, at a certain temperature, and which needs to be a certain distance from a certain kind of star, I can't survive.

This is hardly the perspective of peace and bliss and the knowing that I am the One energy of everything.

The mystics have an answer for this: you aren't happy and peaceful and in touch with the fact that you are all and everything, everywhere, eternally peaceful and blissful, *because of your mind*. Your mind is in the way of your experience of who you really are. Your mind, through what I have called your Internal Map of Reality, is creating an alternate reality that acts, in a sense (to use a metaphor from Eastern philosophy), like dust covering a mirror, keeping you from seeing who you really are.

MEDITATION

Realizing that the mind gets in the way and obscures your true nature from you, the mystics came up with methods for gaining the ability to perceive reality directly, without the filter of the mind. The most effective and most popular of those methods is meditation. Meditation is designed to still the mind, until eventually you gain enough control that you can experience reality directly, rather than filtering it through the mind and creating a representation, a map, of reality (hence the term Internal *Map* of Reality).

As long as you attend to what the mind creates and see its creation as *the* reality, *you miss everything else*. When the mind wildly jumps around, creating, without your intention, your entire universe, inside and out, that universe will grab all your attention, and that's all you'll see.

As the mind becomes quieter, you begin to see the spaces between what the mind creates, like parting the branches in a thicket to see snatches of the meadows and mountains beyond.

ONE...OR MANY?

In describing reality, the mystics said something else very interesting: that at the moment of creation,

this one energy of all and everything polarized itself into a seeming duality: good and evil, up and down, male and female, here and there, black and white, off and on, yin and yang, and so on. There is a tension between the two sides of each of these poles, and the mystics say that this tension between polar opposites is what causes the universe to manifest.

Notice that this duality is described as a "seeming" duality. There are two reasons why this duality, these opposites, only *seem* to exist. The first is that each side of the duality depends on the other side for its existence, which means that they really make up one thing, a unity. "Here" makes no sense without "there." "Not me" makes no sense without "me." "Good" makes no sense without "evil." Each of these exist only in relation to the other.

Each of these seemingly opposite poles are one thing, not two. In being opposite, they are also inextricably tied to each other, and cannot exist independently. They're like two sides of the same coin. You can't have a one-sided coin, and the two aspects of duality cannot exist separately either, nor can one win out over the other.

The other reason is more basic, and consists of the fact that dividing anything into this and that, or any other divisions, happens in the mind only, not in reality. These divisions happen conceptually, and where the division made is entirely arbitrary. Because we socially agree on where many of these divisions are made, they often seem to be "real" but they are not. I will go into this in great detail in a future article, and it is a mind-bending and fascinating subject, as you will see.

But back to the idea of the duality of polar opposites. This tension between polar opposites described by the mystics, interestingly enough, is reflected in the human brain—or, you might say that because the brain/mind creates these divisions, it isn't a surprise that the brain is structured in a split manner.

THE DIVIDED MIND

Your brain, as you know, is divided into two hemispheres, a left and a right hemisphere, connected by a small piece of tissue called the corpus callosum. And, it's possible for one side of the brain to be more

Who are you, Really? continued...

active, more dominant, than the other at any given time. This is called brain lateralization, and the more the brain is lateralized—the more unbalanced it is—the more likely we are to chop the world into separate things and see the two sides of any supposed duality as being separate and opposite.

On the other hand, the more balanced the brain—the less the brain is lateralized to one side or the other—the more we naturally see how the two sides of any duality are really one thing, and the more we perceive how everything is connected, and that the divisions are created in the mind and are not intrinsic to reality. When we see in this way, we get more and more in touch with that *satchitananda* I described.

I hasten to add that dividing the whole into separate things is a handy thing to do sometimes. It's when we forget that we did it, conceptually, and that these divisions are not a part of reality, that we get into trouble. More about this in a later article.

When I say that the mind gets in the way of seeing and experiencing who you really are, it would be more accurate to say that the lateralized mind, the lateralized brain, gets in the way of seeing who you really are: the one timeless energy of all and everything.

When you do see who you really are, you relax. When this happens, there's no where to go, nothing to get, nothing to fear, and you relax and experience yourself as happiness, love, peace, and bliss.

Meditation is designed to balance the brain, which allows you to increasingly experience who you really are. Meditation, in balancing the brain, helps to get the mind out of the way, allowing you to experience yourself, and reality, directly, and when this happens, everything flows.

THE TWO WORLDS

Let's look at a couple of implications of this description of reality I've proposed. We have two worlds, or two ways of looking at things. We have the world of the mind, and all its creations, what we would normally think of as "reality" or the universe. Then we have what most people refer to as the spiritual or metaphysical world.

As a way of understanding these two worlds, consider the concept of foreground vs. background.

When you read a book, you look at the foreground, the printing on the page, and you really don't notice the background, the page itself. The printing is where all the information is, after all. When you drive into a town, you see the buildings, the people, the trees, the cars, and so on. Again, you could consider these things to be the foreground, and everyone would agree that that's where the action is. You don't really pay attention to the space in which these things are situated, which is the background.

For the foreground, whatever it is, to exist, there must be a background against which the foreground can be seen. Even though the blank page has no information, the printing cannot exist without it. The page is blank, and contains no information in and of itself, but without it, there can be no printing, no information, no story. In the town I mentioned, there can be no people, no buildings, no cars, no trees, unless there's the space in which these things can exist. The space, as with the page, is blank, empty. It has no characteristics, in fact, other than its blankness, its potentiality. But without this blank background, there can be no foreground.

Buddhists have a saying when talking about reality. They say, "Form is nothingness, and nothingness is form." When they say this, they're talking about the background and the foreground, and the fact that they "go together," they depend on each other. The foreground is form, and the background—that which the form comes out of—is nothingness. But this is a very real nothingness, in the sense that without it, form could not exist.

Here's another interesting way to look at this idea of duality, of polarity, of background and foreground. We interface with the world through our five senses. In a way, though, we really have one basic sense, touch. All the other senses are a type of touch. We touch light waves with our eyes, we touch sound waves with our ears, and so on. The neurons that sense these things really notice two things. They either notice "on" or they notice "off"—that the phenomena of being "touched" is happening or not happening.

You probably know that by using combinations of zeros and ones—another form of on and off—computers create very complex patterns of data that can encode and express pretty much any information

Who are you, Really? continued...

you can think of, from numbers to music to video—anything.

ON AND OFF, BLACK AND WHITE

We live in a universe where everything is vibrating, and whether we think of vibration in terms of waves or particles (or wavicles, combining the two), no crest of a wave can occur without a trough, and no particle can occur without a space or interval between itself and other particles. There are no half-waves, nor are there particles without spaces between them. There can be no on without off, no up without down.

Our senses are constructed in such a way that when they “touch” something in the world, we notice and respond to the “on” but miss the “off,” in the same way that we see the writing but fail to notice the page. But the fact that we don’t notice the “off” or the background doesn’t mean it isn’t there, and that doesn’t mean it isn’t essential. The dark, the silent, the empty, the off interval, are ignored, but all of them are necessary. Consciousness ignores the interval between one “on” event and the next, but we would be unable to notice the “on” without the existence of the “off.”

Earlier I mentioned the town and the space it occupies, and brought to your attention that we pay attention to the solid objects but fail to notice the space they occupy. With this in mind, *consider that the entire universe is the on/off vibration of space and solid, but we notice only the “on.”*

This fact is very closely connected to why you feel separate and at risk in the world instead of feeling at one, as you really are. There are two reasons why most humans continue to have the illusion that they are separate egos trapped in a bag of skin. First, we fail to recognize that all the so-called opposites—light/darkness, sound/silence, solid/space, on/off, inside/outside, cause/effect, and especially life/death—are poles or aspects of the same thing.

WHAT YOU CAN LEARN FROM A CAT

We are so absorbed in a type of narrow, conscious attention that we fail to notice what is real. Alan Watts describes a person who has never seen a cat. He looks through a narrow slit in a fence as a cat walks by on

the other side. First he sees the head of the cat, then the front legs, then the body, then the back legs, then the tail. Then, the cat turns around and walks in the other direction and he sees the same sequence again. After a few times, he concludes that the head causes the front legs, which cause the body, which cause the back legs, which cause the tail.

We look at life through a narrow slit of conscious attention, focusing on one thing at a time, in a linear way. This makes each thing seem to cause what follows, making each thing seem to be the effect of what went before. But what if the world, the universe, your life, was all one thing, like the cat?

A scanning process that looks at things one bit at a time makes us think the world is a collection of bits, causing and effecting each other. With this type of attention, we have the feeling that the world is made of many bits and that we are just one of them. We fail to see the space between the bits, and how it connects them to each other. We fail to see the “off” and we fail to realize how crucial it is.

THE GAME OF BLACK AND WHITE

Alan Watts calls this *The Game of Black and White*—separating the on and the off, the up and the down, the me and the not-me, the cause and the effect, the good and the evil. And then, we add a rule to the game, that “White Must Win.” Good must win over evil. Day must win over night. Having must win over losing.

When the vibration is fast, we don’t notice the “off,” but when it slows, as with night and day, or life and death, for instance, we can clearly see the “off” half of the vibration. When this happens, we think the “on” half must win, we think the light must win, and we fear the dark—as if light could win over dark, when the reality is that the two are really one thing. This is a game we cannot win, and really wouldn’t want to if we could.

AND, ULTIMATELY, LIFE MUST WIN OVER DEATH

The mystics speak about attachment causing suffering. Attachment is really nothing more than not realizing that “on” *must* become “off,” that up *must*

Who are you, Really? continued...

become down, that life *must* become death, and that clinging to one over the other is futile. When I have discussed the principle of letting whatever happens be okay, I'm really asking you to stop trying to play the game of "White Must Win."

The only way to achieve what is known as "enlightenment" is to stop identifying with the mind and its creations. As long as the mind and its creations pull at you, as long as they call out to you, as long as your awareness is focused on them, as long as you either desire the creations of the mind or are repelled by them, those creations will be real to you, they will grab your focus, and you'll stay in that realm.

Once you realize that the realm of the mind is a make-believe created by the mind, you can make the leap into the realm of satchitananda. You can still participate in the realm of the mind, but when you do it's like participating in a play or a movie. You participate, but behind it all you know it's just a play. This takes the pressure off, and allows you to enjoy life to the fullest.

ULTIMATELY, NOTHING MATTERS

Ultimately, none of this enlightenment stuff matters. I hate to tell you that, since I know it's very important to some of you. Ultimately, you are this background I've talked about, this one energy of all and everything, this oneness that is obscured by, hidden by, the mind, and nothing can change that fact.

At the same time, you are the foreground, which is constantly changing. And, even more, you are the relationship between these two poles of the magnet of life, the magnet of existence. You are the "on" *and* the "off" rather than just being the "on" you thought you were. Nothing you can do can make it otherwise. So ultimately, whether you "become enlightened" or not doesn't matter, because you are IT no matter what you do. It's like having a dream, and whether or not the guys chasing you in the dream get you or you get away, it doesn't matter, because it's only a dream.

The idea is to step out of the dream, to know it's a dream, and then, to continue to play your part, but to have it be fun because you know it's a dream. When you do this, you can play with the dream and make it into whatever dream you want. Or, if you like, let the dream be whatever it is, because you know nothing can hurt you and that everything is fine, everything is perfect.

The only way you can suffer is to think that the creations of the mind, that which always changes, is the only reality, that the "on" can somehow exist without the "off," that the words can somehow exist without the page, that solid objects can exist without the space between them. The only way you can suffer is to think that White Must Win. I will discuss these things in great detail in future articles because thriving implies NOT suffering.

This series, then, is about how to be happy, and peaceful, and successful, and it's also about not suffering. My goal is to make this information something more than just interesting philosophy and theory. I want you to really get how to apply this to your life.

Please do send your comments and questions about this and other articles to support@centerpointe.com.

In the next article I'm going to prove to you that everything really is one energy, despite how it seems, and that separate people, separate events, and separate things really don't exist.

Be well.



Bill Harris.

Glowing Testimonials

Well, I must start by saying, 'thank you'. Though I can't say my life has changed in 2 short weeks, I have begun to see the beginnings of some changes. Quite a few in fact.

From the information and products I have received so far, I gather most people are interested in your program for the spiritual or uplifting side of things.

Myself, though my life has been full of emotional upsets, I did not purchase the program for that reason. I was more interested in it for the logical side of things. I am always looking for new things to learn, and new ways to expand my mind.

I have long since realized that 'happiness' is subjective. Simply a matter of finding your balance and keeping it. It is a level reached differently by everyone and maintained in as many ways as there are people. At least this is my take on things.

What I am most interested to report are the other effects I have begun to notice. I have begun to be so motivated about things. Before I was almost too laid back. I now work out daily. Though I have been blessed with a great metabolism, and never really needed to diet for

weight purposes, I have put myself on a healthy diet and stick to it without really missing all the junk I used to eat. I am in better shape now than I have been in for 10 years. I went from not exercising to now, two weeks later, doing about 120 situps a day along with an assortment of other exercises. Get this, I actually look forward to it. I even bought a pair of rollerblades!

I feel less tired. I follow the schedules I set for myself and more importantly, if I fail to follow through exactly, I don't beat myself up about it. I have frequently remarked to others that I am a self-diagnosed mildly obsessive-compulsive type of person. So doing or making myself do something new is not usually a problem (compulsive). Sticking with it isn't really a problem (obsessive). But sticking with it even after I find that it isn't what I really want is a BIG problem. I have always

had a hard time telling myself no after I integrate something into my life. So the result is usually to either not do it and suffer guilt about it or do it and hate it. The worst part is just NOT to start doing it 'cause I know where it might go...

...The reason for the letter is to let you know this one other effect. My reading speed has doubled!!! I learned to read at the age of three and it has been a passion and often an escape for the 32 years since then. Learning is my life. I have gone from reading about 150 wpm to 300 wpm. I have always been one to sit down with a novel and read it in one long day. Usually about 12 to 13 hours for a standard 300 - 350 pages with the usual breaks for eating and so forth. Yesterday I read a book and I was shocked when I finished the book a mere

6.5 hours later and it was 350 pages!

More amazing is I have started to work on learning other things I have long since wanted to learn and felt kind of intimidated by because they were not my best areas. I finally started using those Spanish tapes and workbook I bought over a year ago. I dusted off the keyboard in my room and I've been working on it for at least 30 mins per day. Though

I'm nowhere near good at either after a few weeks I can see a time not too far off when I will do well at both.

I'm even resisting the urge not to overload myself. Another BIG problem. I have always been an 'I want it all now' sort of girl. I still am but I'm not having that raging desire with it. I'm just lining up things on my list with the knowledge that I will get to them.

I just feel so excited about everything. Kind of like the world has finally opened up and I'm there to take it all in. Again thank you.

With my love of words I could go on all day.

Sincerely,
Kimberley

“

More amazing is I have started to work on learning other things I have long since wanted to learn and felt kind of intimidated by because they were not my best areas.

”

Ten Eternal Questions Wisdom, Insight, and Reflection for Life's Journey

By Zoe Sallis

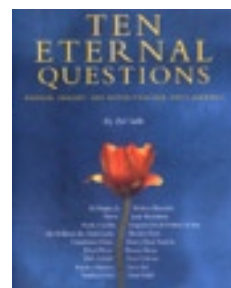
A N ACTOR AND A POLITICAL LEADER. A world-famous rock star and an Oxford professor. An empress and a filmmaker. These are not the titles or occupations typically associated with spiritual wisdom. Yet Zoe Sallis has composed a book of responses from nearly 40 individuals – leaders and achievers in their respective fields – to ten powerful questions that will challenge, inspire, and surprise.

Sallis, an actress and long-time partner of the renowned actor/director, the late John Huston, spent five years arranging interviews with figures in the public eye. She did not solely seek out individuals with a spiritual background or agenda, although there are certainly some impressive spiritual and religious figures included. Rather, she approached her subject from the Socratic maxim that “the unexamined life is not worth living.” What she ultimately presents is a sometimes moving, sometimes funny, and always fascinating reflection of lives examined.

Some might question (as I initially did with this book) why anyone would care to know Jack Nicholson's views on God, or whether director David Lynch believes in an afterlife. I share a great appreciation for the work of these individuals with millions of others, yet I have certainly not felt compelled to consult their wisdom in matters of spiritual development. But there can be no doubt that individuals like Nicholson, Sophia Loren, Bono, and Gore Vidal (all included in the book) do influence societal, and yes, occasionally even spiritual, attitudes. In fact, these people sometimes exercise a more direct avenue to the

human mind and heart than do some religious leaders. They are not necessarily experts in the realm of personal development and spirituality, but as human beings with a distinctly unique set of life experiences to draw from, they are certainly compelling voices.

Sallis does provide ample time to those more commonly associated with spiritual wisdom. Besides individuals from the entertainment industry, Sallis asks HH The Dalai Lama, Professor Richard Dawkins, Dr. Una M Kroll, and Shimon Peres questions like: What is your moral code in relation to right and wrong? Who do you admire in this



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world, historical or living? How do you find peace within yourself? And more.

What makes this book unique is that Sallis so effectively steers clear of what could have been a hackneyed and stale “feel-good” book filled with new age platitudes and banal bumper-sticker philosophy. Instead, she has compiled

Book Reviews **continued...**

a readable, thought-provoking collection of ideas that wonderfully mirror not only the optimism and open-mindedness of spirituality, but also the sometimes cynical, doubting, and even uncomfortable aspects that come with contemplating some of life's more vexing spiritual questions. Distinctively frank and open, I found the book to reflect a wide range of voices, from the scholarly to the sentimental.

Many of the answers provided by the contributors to Sallis' book are provocative and unexpected:

Jack Nicholson on karma:

"My concept of karma is that it is constant and present. It is a first cousin to existentialism. I mean you are what you do. It's always been there, and people of little faith like myself might be more inclined to being slothful except for the idea that everything you do has effects, everything counts."

Steve Vai, guitarist, on destiny:

"Yes, I do believe we all have destinies and that you can't fool fate. There are those who believe that time, in its sequential linear form, is really an illusion and that all things coexist in the here and now. Oddly enough, this concept seems to make crystal-clear sense to me."

Emma Sergeant, artist, on a moral code:

"This is a tricky question for me because I have done things that are strictly speaking wrong. (They felt quite right at the time). So I'm not one to start talking about high values and morals here. I've always ended up hurting people. I've tried not to, but I have."

And consider these rather juxtaposed comments from author Gore Vidal and director David Lynch on the question "What has life taught you so far?"

Vidal: "Life's taught me nothing I didn't know going in. It is unjust and that's to be expected. Most people collapse under injustice or conform. I was born to be a fighter, a very Gore characteristic, so I have been fulfilled by life. Life has given me so much injustice, not only personal but also in the world around me. So I always have adrenaline flowing; I always have a sharp knife."

Lynch: "Somewhere along the line, life taught me that there is quite a beautiful future for us, every human being. They say we are sparks of the divine flame. Having the potential to see the big picture and to live the big picture is in every person."

"Ten Eternal Questions" is a highly readable gem rich in wit and wisdom to ponder from some of the most intriguing personalities of our time. (An excellent gift for the graduate too!)

If you would like to read more about or order this book visit:

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