

TRANSFORMATION

The only thing that can be transformed is purpose:

When the purpose of living is to be nondisturbed by gaining pleasure, comfort, attention, approval, importance and by escaping pain, being ignored or rejected, disapproval and inferiority,

There is:

constant obstruction to one's purpose ∞ interference ∞ the need to defend self and one's position ∞ the need to have an institution to depend on ∞ the need to improve self and others to produce conditions necessary for actualization of the four dual basic urges ∞ frequent scenes with others and when alone ∞ seeing others as vile, mean, stupid, uncouth, without common sense, lazy ∞ feeling of being victimized ∞ more or less false feelings of emergency (anxiety) ∞ fear of dying, disease, loss, sudden changes in lifestyle ∞ a need to convert others to my viewpoint...missionary zeal ∞ a need to join movements ∞ a need to be a seeker of truth ∞ a need for revolution of society ∞ Self-knowing is being aware of these without condemnation or justification.

When the purpose of living has been consciously chosen, such as being considerate of others, making a contribution to Life, seeing Self and others as Spirit acting out roles,

There is:

no obstruction to purpose ∞ no interference ∞ no need to defend ∞ no need for institutions ∞ no need to change or improve self ∞ no conflict with others ∞ a feeling of being responsible and in charge of roles one acts out ∞ no fear ∞ no need to convert others to anything ∞ no need to seek truth; one has created one's truth. Note: one cannot have two or more purposes of living at the same time. The idea of "putting new wine in old containers" or "patching an old garment with a new piece of cloth" ∞ Self-remembering is remembering that I establish my own purpose. The new purpose is not a method to obtain the old purpose.

Condition Necessary To Make A New Purpose ∞ Recognition:

- 1. that the struggle after the four dual basic urges is totally detrimental*
- 2. that I'm fortunate, that I'm totally thankful*
- 3. make a new purpose to express my thankfulness, and*
- 4. be aware of what I am ∞ where I am ∞ what's going on ∞ and what I can do*