Journal

TO RECORD WHAT IS FOUND

Record What is Found

Questions that call for the attention of FOCUS

Look, and record what is seen. Ask further questions, record. Repeat. Repeat. Repeat.

THOUGHTS

- **What is a thought?**

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- From where do thoughts come?

- Where do they go, once disappeared?

- **Can thoughts be controlled? How?**

- **Do they require attention, obedience?**

- What inherent power do thoughts have to cause behavior?

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- What is that like? What happens if there's no attention or obedience given?

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- What are opinions? Ideas? Beliefs? Fantasies? Memories?

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- What inherent power do thoughts have to cause behavior?

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- How much do conditioning and programming color thoughts? How to end that?

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- What happens when thoughts are simply allowed to pass through, no attention?

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THE "I"

- Is there a "me", an "I"? How do I know my answer to this is true, legitimate? DO I know?

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- What is it, this "I", this "me"? Describe it in detail and then double check. What is "you"?

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- Where is this? Locate the "I" that you call yourself. Look in and around the body. Look out into space; look everywhere. If it's findable it will be findable, so: find it. Where is it?

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- If something was found, describe it; what is it? A separate, discreet entity "inside" the body, or somehow controlling it? Is that true? Is it a thought, a belief? Is *that* true? Look very closely here. Carefully and clearly examine anything that is seen; it's core.

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- Is it possible that there isn't an interior or invisible self, running the body and the life? This is not a rhetorical question. Ask: Is it actually possible that there is no separate "me"? Ask this repeatedly; look deeply. If the answer is that it is not, keep looking. If the answer is that it is, keep looking. Either way, it's all you've got: looking.

- Bring up the idea "me", "myself", and "I". Look at it. What is it? Where is its reality? Does it have any? How much attention is given to this thought throughout the day? Is it ever examined, or just taken for granted that when "I" is thought or said that there is a solid genuine being behind it? Examine closely whenever it is noticed that the "I" idea is forefront, which is all day long for most of us. Be constant and consistent here.

- **"Me" is a thought, given pseudo-life. Look. What is seen when this focus is held?**

- **Ask: If there is no small self, no "me", what is present, what is conscious? Look. Something is looking, something is reading. What is found?**

ONE

- What is god, the creator? *(Use any name for this that works.)*

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- What is the One? Is it different or the same the above?

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- What "causes" three-dimensional existence?

- What if there is really only singularity, it is primary and the multiplicity of 3D life is secondary, a projected presentation? Possible? Likely? True?

- What would that be like, One primary, life as 3D a projected apparent second? How would it show up?

- What would the reality of unimpeachable Oneness mean about the validity of the 3D world and experience?

- **Is it possible that wholeness can be realized as all there is? Is it possible that *you* can realize that oneness is all there is?**

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A few blank pages for findings...