

**Title: Conversations**

**Subtitle: Enlightening Points**

**Second Subtitle: Enlightening Points**

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1) Existence is one everywhere, in every dimension, but mind divides.

Only in the highest dimensions do things become one, the low you go down existence thinks it is its own reality.

Mind being made manifest by consciousness within the matrix, is only made manifest by a natural tendency to lean towards the ego (I), as it localizes its self by knowledge and self preservation i.e. procreation, fight or flight.

2) Once you divide, you are caught in the battle of the opposites.

Things are naturally divided ying and yang, forwards and backwards; it may be the physics, yet merely to see the whole as one.

3) If you choose happiness, unhappiness is there.

Admittedly for every action there is an equal and opposite reaction; yet it is your choice.

4) The opposite cannot be thrown out.

Every opposite can be embraced, to understand the differences.

5) If you choose, the opposite is always repressed.

Anything we force, will snap back eventually. Embrace both to be in the middle.

6) To be choiceless is to be in meditation.

Meditation is a state of awareness, even in dreams we are (more) aware. Choices to pass, like catching many different bus routes, until we understand.

7) Choiceless awareness transcends all contradictions.

Non judgementalness is awareness without action; yet choices aren't optional. It is not his own.'

8) To transcend all contradictions is to transcend mind.

The mind creates contradictions, to learn and enquire; even within its search it will manifest them. Thus if this isn't seen that mind wants to question all.

will be made manifest outside the mind, for it to learn from.

9) Choicellessness brings you to the whole.

If we tighten the string to much, one day, we see it snaps. If we put on a much; we see it doesn't play. So only by embracing choice, can we under

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