

January, 2016 *it would be kind of foolish to "believe" my own AND/OR other people's thinking/saying*

- ◆ Realizing that **ALL** of this "**skewing**" (written about below) seems to be in the service of keeping a personally created **sense of "I"** in an upright position....and avoiding having that created **sense of "I"** tumble over, which is hopeless since it's simply created. You can't keep an **imagined "I"** propped up because imagined things don't exist...there's nothing to actually prop up.

**Soooooooooooooooooooo....**

- **Since I'm aware that my "own" thinking/feeling etc are skewed by, created through and consistent with an entire lifetime or lifetimes of soooooooooooooo many....past reactions, perceived experiences, history, associations, filters, habitual reactions, habitual patterns, constructed stories, stories about what I have interpreted as what other people have done to me, personally created stories with continuing "themes," characters, personas, PPCC etc. All of these being created in the service of continually trying to prop up "my" created, imagined, "believed" sense of "I"...or attempting to avoid having it topple over....or attempting to pick it back up to upright after toppling over.**
- **then .....so is everyone else's thinking/feeling skewed,** since the dynamics of mind are similar in everyone... as they **also are continually trying to prop up their own created, imagined, believed sense of "I"...**again and again and again
- So, there's **no need to have much of any reaction** to anything anyone else might be thinking or saying, **since it's all that same skewing,** habitual filtering, habitual reactions, story making, habitual personas and habitual constructing dynamic..... out of **their own** particular combinations of PPCC etc...**as every one is continually trying to prop up their own created, imagined, "believed" sense of "I"...**again and again and again
- Sooooooooooooooooo.....because of realizing that, it would be **kind of foolish to "believe" my own skewed thinking, saying, judgements, reactions, opinions, stories or creations....**well, considering that, it actually would be **REALLY foolish** to believe my own thoughts, thinking, stories, judgements, opinions, stories and creations that are **all created in the service of continually trying to prop up a created, imagined, "believed" sense of "I"**
- And...because of realizing that, it would **ALSO** be kind of foolish to believe anyone else's thinking/saying **because everybody's thinking, saying, judgements, opinions, stories and creations are ALL personally created and contrived... in the service of continually trying to prop up their "own" particular, created, imagined, "believed" sense of "I"** (although I can be respectful that other people are truly and sincerely believing their own created thoughts, although they don't realize that they're creating those)
- Sooooooooooooooooooooo.... **if I choose** to keep this awareness and understanding at the forefront of my mind, I can learn to **stop being concerned** about what ANYONE else might be thinking about or saying, or not saying, to "me" (which they probably aren't even thinking about me...but if we're directly interacting, in which case they might be, since minds continually seem to be trying to prop up "I") (And for me to be trying my best to be resting in positive intention)
- Soooooo.....just like "MY OWN" thinking is rather **stunningly nonsensically skewed,** created, manufactured, filtered, believed, contrived out of my PPCC **in the service of propping up "my" created, "believed" sense of "I"...**from that perspective...
- so is EVERYONE ELSE'S thinking **stunningly nonsensically skewed,** created, manufactured, filtered, believed, contrived out of their own PPCC.... **as they also are trying to prop up their own sense of a created "I"....**
- So no need to even bother about reacting about/to it...because the whole process is "fallacious"...and if and when "I" believe and use skewed thinking and reacting, **it seems to lead to feelings that bring so much continuing confusion, bewilderment, unhappiness and a sense of suffering to myself and potentially to others around me, too...**
- So...realizing that **everybody's** perceptions and reactions are mostly **skewed,** nonsensical and contrived, although none of us seems to realized or be aware of this...and we believe what our minds are creating....**all created in an attempt to prop up and maintain a created sense of "I".... whatever sense of "I" each person wants...**
- And even when I might be a bit aware of that contrived dynamic of creating thoughts, **it's hard to disbelieve "my" deep and resounding faith in "my" own thinking and also so hard to actually take in and "believe" that I really am creating nonsensical points of view out of my own PPCC....or that a sense of "I" is being created or imagined. But having compassion for everyone, myself included, as we're unaware, stuck, misunderstanding, misperceiving and reacting, without realizing these dynamics are underlying our unhappiness and leading to continuing suffering.**

- So.... easy as that....as I say/write/am aware of this in a neutral state of mind...now I want to learn to access that when my mind is in the midst of believing a reaction...well, I can *practice* bringing this awareness to mind...again and again and again...so that's wonderful.....
- Soooooo....it's extremely important for me to try to align and realign with *positive intentions*, in however I might be thinking, saying, reacting or understanding...to keep realigning with positive intentions.... "contribute"... "do no harm..."

*Kathy reasonings January 2016 ponderings about that perceived sense of "I"...and what it needs to continue*

That seemingly imagined, created, believed sense of "I" *seems to have* some *specific, favored, valued qualities* that "it" perceives are *essential* to it's "existence," sense of *well being* and to it's *continuing* existence...

- ◆ As long as "it" *thinks it* has, or is living, those particular *valued* qualities...
- ◆ and.....as long as "it" *thinks that others are* affirming, supporting, validating, responding positively to, respecting or appreciating those "*qualities*" that it holds dear...
- ◆ the stability of that sense of "I" seems temporarily okay...
- ◆ the created, imagined sense of "I" stays "propped up," for the moment....
- ◆ but...that can change quickly.....
- ◆ Uh oh!.....*if it* has perceptions, observations and thoughts that those qualities that constitute or contribute to that imagined, created sense of "I" are *faltering* or *not being manifested or lived*....
- ◆ or *are NOT seeming to be* appreciated, agreed with, acknowledged, validated, admired or supported by others...
- ◆ *then* "negative" *thoughts* about being toppled over *seem to set off* habituated negative *feelings* of threat about the diminishment or loss of that sense of "self/I"....
- ◆ which might then lead to negative feelings *toward "oneself" ...about the perception of "loss" of that particular "I"*
- ◆ *and might also lead to negative thoughts and feelings toward others* who aren't perceived as being supportive or validating those personally valued qualities of that particular, perceived sense of "I"...
- ◆ leading to a sense of an *undermining of* and "*danger" or threat to* that "*I*" steadiness....
- ◆ that "steady-ish" "*I*" .... actually isn't steady at all, since "*it*" is being continually imagined and re-imagined, and created and re-created all the time.....

Some *broad, basic categories* that a perceived sense of "I" *seems to need* might include:

- ◆ a sense of "safety"....physical safety, emotional safety, social safety (not getting toppled over )
- ◆ a sense of social connection, inclusion, affection, social acceptance, feeling included and appreciated by others, feeling loving and feeling loved, valued and appreciated.
- ◆ a sense of accomplishment and worth

Some possible *qualities* that various senses of "I" *might want to "have" or be perceived as having*:

- ◆ smart, intelligent, capable, competent, knowledgeable, insightful, wise, resourceful, strong, important, responsible, fair, aware, respected, admired, humorous, good sense of humor, funny, sensible, practical,
- ◆ loving, lovable, loved, warm, friendly, valued, appreciated, generous, interesting, attractive etc