

BIPOLAR MIND

"Personality" which derives its characteristic "flavor" from memory content (both mental & physical "memories" or "habits") — AND WHICH IS THEREFORE LARGELY "ACCIDENTAL" — is not the part of you we have to work with, nor the part of me that works with you.

However we have to use words & we have to pass through the mind of course. Now the mind like everything in this world of ours is strictly bi-polar, dual. An obvious doublet is good-bad. [There are thousands upon thousands since the mind splits everything. It is the way of reasoning, the YES-NO method, light-dark, few-many, up-down, long-short, being-non-being, something-nothing, wise-foolish - - - -] Thus it is idle to hope to "improve" personality since the side we show implies the side we suppress. However we can decide not to put any more disgusting junk into our memory-box, there is sufficient already.

Consciousness or awareness is pure but mixed up with (normally) some thought or perception (yoga tries to free it, but it is actually the ego trying to free the ego & it leads maybe to a "feeling" experience but not to "knowledge")

We must accept our dual nature, like the vine winding round the tree.

HOOKS

If the student gets "caught" in personality (nothing unusual in a world where it is happening all day long — every word is weighed to see if it is a "slight" or an ego-bruise) then he will start (or try to start) an old-fashioned interminable argument ("you were being needlessly rude", "I didn't mean it the way you think", "I want to be helped up not knocked down", "You are a fine one to talk of ego, you have an interesting amount yourself", "I want to learn something, not to have everything questioned", "Can't we get together somehow?" "Communication is breaking down") — almost comubrial (but not so snide!).

Actually this is all very silly & is avoided even in business circles where "everything goes", if it is said with a smile, e.g. "you old crook"! Ego is very sensitive to words (e.g. if the waiter says "not that fork, sir".

But when ego is really threatened — then take cover — the place will be a shambles.

No wonder so few attain to "life". (And so many use push-button or external methods like magic, occultism, etc etc where one deceives oneself as long, as possible in wild fanciful