

Why Your Efforts Fail

Without a connection to the Truth, your efforts to fix your problems or improve your position are based on a flimsy foundation. That is the basic reason you cannot make the changes in your life that you wish to, not for any length of time anyway.

If you examine your mood or your mental condition, you'll see it hasn't changed at all as a result of any of your own improvement efforts. It is true that over the years your mind has been filled with more knowledge and more experience, so why is it that you really don't feel any better, and some of you much worse?

First of all, you have certain ideas of what is *better*. You wish to be better based on some image you have of what *better* means. Stop and examine where that image came from. What goal is it exactly that you aspire to reach in order to be *better* off? And what was the event that caused you to believe a change for the *better* was required in the first place?

These ideas of seeking improvement often follow personal mistakes. When mistakes happen, you judge yourself harshly—with the result being a pledge to do better. Or it may be that such a pledge is triggered by a comparison you make of your self to someone else—because of feeling inferior to that individual. Do you see that in each of these cases, the desire for improvement has already started out on very shaky ground? Life has imposed the idea for change upon you, and with no real investigation, you concur.

Now to the matter of what you believe the improvement shall consist of. In your mind, you have an image, a vision or goal of what you aspire to become. You believe reaching this goal will solve the problem. You look to others you know, or others you simply see—maybe on television or wandering throughout society—for the ideal image. You find traits you'd like to have in yourself and behaviors you'd like to exhibit. And then you begin to imitate.

You have now set out to solve a problem that may not be real by acting like someone else. How could anything solid be built on that sort of squishy ground?

This is so very true, and you will know this if you pay attention to how often you do this in your life. With honest awareness, you will also see the ineffective results of your shaky efforts and you will see the fact that you have never been able to sustain these changes for any duration.

Generally you come to the conclusion that the change was a good effort, but in the end is not "for you." The reasons you stop vary by situation but are generally rooted in the fact that you did not get the satisfaction you desired, or at least not soon enough. Or you did not have the energy to sustain the change. Your mind

formulated excuses and rationalizations as to why you should try some other solution to the problem, *when you are ready*.

Your efforts are born of your mind. The fact is that your mind can't overcome your emotions. Your emotions stay attached to the image of the problem. In this way your efforts have no chance for success. How can they? You are broken, as you are. You are ruled by your emotions; you haven't the power to fix yourself.

You have a chance right now to see this or continue on as you are. If you continue as you are, please see that you will continue to make the same progress that you always have. How can it be any different than that? What has changed? Do not think there is a magic wand that can bring new results to old and flawed efforts.

Seek first the Kingdom of God. It is within you.

Do not fear the loss of your false ideas about problems and their solutions. See that they can be replaced by genuine ideas, but only if you let go of the false ones. See that you have the solution to every one of your problems right there within yourself. It cannot come without genuine new effort on your part, however.

Work only to see the Truth because in that everything else will be automatic, authentic and lasting. You need to take the jump and trust that the parachute will open. If not, you will never leave the airplane of your life as it is right now.

If nothing else makes sense to you right now, please see the fact that you have made no progress in your own efforts to be free and happy. At best you have added new stress and expectations upon yourself that you call progress. It will not take long to see this if you look honestly.

There is another way to see. There is another way to be altogether. It starts with a simple acknowledgement: "Of myself I am nothing."