

VITAL BASIC ALIGNMENT · THOUGHTS-WORDS- ACTIONS (MIM002)

◀ Mindful Maxims

LINK 

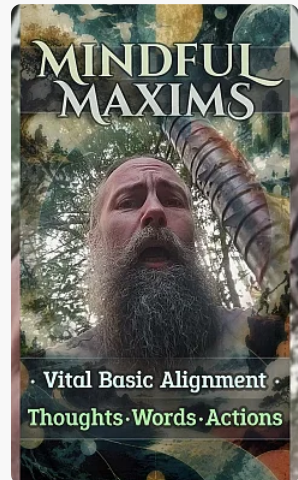
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When you exist and operate in a state of alignment, the stress and confusion in your life reduce. What alignment is that? Alignment of your thoughts, words and actions. You speak as you think, you act as you say – and you keep track of a single coherent reality. Instead of wrestling with three conflicting realities, living in a state of distortion.



For most of us, misalignment follows from a lack of mindful self-awareness. Some of us are schemers, seeking to game the world with our deceptions. When your misalignment is uncovered, you're deemed untrustworthy and unreliable. Then

return to the single and clear fabric of straight reality. Keep your thoughts, words and actions in alignment.

#MindfulMaxims

#Ethics

#Alignment

#Coherence

#Dissonance

#ThoughtsToWords

#WordsToActions

Alignment is a vital necessity. But hang on, what alignment exactly are we talking about? Well, not the cosmic alignment of quantum woo, nor the shackling of AI into our servitude. Instead, the alignment of your being as a whole, the alignment of your existence itself. In hands-on terms, the alignment of your thoughts, words and actions.

When your thoughts are here, your words are there, and your actions are somewhere else again, you exist in a state of distortion. You entertain three different realities, and from their conflicts, you harvest stress and confusion. For most of us, this misalignment is simply the outcome of a lack in mindful self-awareness. And for some of you, it's intentional. You are manipulative schemers.

When your thoughts and words are always one, you never have to think, what did I say to him or to her or

over there. And when they differ, you will not be taken for a trustworthy individual. When your words and actions are one, you carry out what you say, and you own up your actions. And when your words and actions differ, you will be deemed unreliable. What I think, that I say, and so I act. How simple! A single unified reality to keep track of.

"So here's what I actually think, but I'll say something else to turn people in my favor. And I'll do something else again. Less than I promised, because it's not convenient." And in doing that, you deceive both yourself and all the others.

Own up the full trail of responsibility. From your actions to your words to your thoughts, and back from your thoughts to your words to your actions again. A single alignment. Eliminating your chronic state of cognitive dissonance. Reducing the stress your life results in.

And then what about emotions, you ask? What about emotional alignment? Well, emotions, you see, they do not exist independent from thoughts, words and actions. They're a reflected reality. When your thoughts, words and actions exist in dissonance, your emotions are turmoil in a hall of mirrors.

Then recognize all of it, as it is. Your thoughts, this is what they are. Your words, this is what I said. Your actions, as they are, unpolished. Then your emotions too will be reflecting off a single set of formations. The fabric of reality. The "what is" of your being. Not the multi-layered maze of hallucinations you keep on weaving.

You may imagine a strategic misalignment between your thoughts, words and actions results in your advantage. In the short term, perhaps yes it will, but in the long term, you will get the short end of the stick, as your deceptions are uncovered. Then, reducing the stress in your life and the misery you cause for others, please bring your thoughts, words and actions into alignment.

When they speak of the purification of thoughts, words and actions, do not imagine they might be separately purified. Their purification and their unification are a single concern. Then, without excuses, hold the three in a single thread. Thank you for being a mindful citizen of the conscious collective. Be well.



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