

is a little unpleasant, if you care to look at it, it's pushed and pounded and mama thinks she's having trouble, you ought to be the kid. I remember about that. The kid's really getting a beating.

And the kid feels suffocated and all sorts of other things--which is why people dread dying because they kind of equate it with being born, you do have a vague memory of it. And with proper techniques you can remember it quite clearly. Not that it's any great value to you to recall it clearly, but it's just kind of a messy situation, I'll have to say.

So in being born the child decides that his whole purpose is to regain that non-disturbed state. Here he was just floating around. Then you're born, you have to breathe, you're suffocating and you have to eat and people poking needles in you and pouring stuff in your eyeballs and putting tight clothes on you and you got to do everything now. No longer are you totally taken care of.

So. We start wanting to regain that state. You ever been real uncomfortable? And you wanted to regain the comfortable state, didn't you? Right. And you go to quite lengths to do it. Is that right? So the first decision, the one that stays with us all of our lives, and one that we want to look at, and we're not going to try to change it, we just simply want to be aware that this is what we're doing... I'll just label it out here: The whole purpose of living is to regain the non-disturbed state.

How To Be Completely Non-disturbed

And once we've been born, there's about only one way we can get it--dead. Usually takes most of us around sixty, seventy years to achieve that one. Sometimes eighty or ninety years. Being unborn or dead seems to be a similar situation. Hmm? About right, isn't it? Either way you're here. Non-disturbed. You don't have anything to be disturbed with. So to be unborn or dead.

Now here's one that says that the whole purpose of living is to be non-disturbed. Now if we stop and look, aren't you spending about your whole day trying to be non-disturbed? That right? All day long, every day, and a lot of times all night long, we're working away at being non-disturbed.

Non-disturbance Is Not "Bad" or "Wrong"

Now there's nothing wrong with that. We're not trying to talk about trying to change it but we want it to be conscious.

Now if I'm going to spend a lot of effort on something, I want to at least know what I'm working on. I'll probably will figure it out a little easier. Now I'm willing to spend a certain amount of effort and time and so forth to be as comfortable as possible, but I'm not going to pay for it with my life.

So the whole purpose of living is to be non-disturbed.

Now that's fine and we will take that, and I'm going to be conscious a lot of the time that that's what I'm working on, not just react to it. Now if I want to be non-disturbed, I want to work at it carefully, I'm not going to just react and run willy-nilly into all sorts of things. You know, I've seen people destroy themselves trying to be non-disturbed. I've seen people drink as high as a whole gallon of alcohol in a day trying to be non-disturbed. I've seen people take a gob of heroin along with several other good chemicals into the system, and there's only one thing they're trying to do is be non-disturbed. Because you get hooked on one of those you've really got a disturbance going. You know, you really got a king-sized disturbance then.

Most Efforts to be Non-disturbed Result in Disturbance

So most effort to be non-disturbed results in an intense amount of disturbance I've noticed. Check that one out. Don't take my word for it, check it out.

Every time I'm trying to be totally non-disturbed I'm creating a tremendous amount of disturbance. You ever tried to be non-disturbed pretty heavy? Did it create a lot of disturbance? More than you could almost hack, wasn't it? About right? We all been along that road. So let's kind of be conscious now.

How Much Are We Willing to Pay for Non-disturbance?

Look, I want to be non-disturbed but I'm willing to pay only x number of time effort and dollars for it. I'll pay a little bit but I'm not going to pay very much for it.

Disturbance is Part of Life in this Realm

And there's no way you're going to get total non-disturbance, I've got news for you on that one. You maybe get a lessening of disturbance, but as long as you live in this world, and I kind of like it here, I'm better acquainted here than anywhere I can think of--there's going to be a little disturbance, is that right? You're going to have some, well, ups and downs. But there's always a little bit, isn't there?

Challenge Is Always Here

I like challenges and so forth, and I guarantee you I have plenty. I've never been without more than adequate enough to keep me interested, to say the least, okay?

Methods to Try to Gain Non-disturbance--No. 1, Complain

So the first way that the infant decides to achieve this non-disturbed state--now we've found out what his purpose is, now we've got to have methods to get it, right? First one is, which everyone that's been around a baby well knows, it's important to have my way now. If he can have his way right now. It's important to have my way now. And the way to get it is to complain. The way to get that thing is to complain. So you might say a little com-