

# ONE-MINUTE MESSAGE

with Douglas



From the desk of  
Douglas Myrick

5 October, 2020  
Re: Good News!



Hello, friend.

Douglas with you once again, offering GOOD NEWS for today's troubled times.

You know, it can be tempting to fall back into old patterns of worry and despair, especially when times seem tough. The *weighty pressure* of societal expectations, disappointment, guilt, and conflict oftentimes leaves us feeling frustrated and unsure which way to go. You may be facing problems with family, friends, school or workplace relationships, and so much more. And, in today's increasingly changing times it can be difficult to know how or where we fit in. Is there a place for us in this high-speed, high-tech world? Will we survive in the ultra-competitive career market? Will our business endeavors pan out? Will we be able to simply pay bills from month to month? The rigors of daily living can sometimes feel overwhelming and futile.

## Good News!

Like never before, people everywhere are seeking honest answers to life's toughest questions. Who are we? Why are we here? Is there some larger purpose to human life?

Rational minds now question generations-old practices which no longer keep step with today's modern lifestyle. The thinking person sees beyond this brief, mortal life, and she ponders the possibility that life was meant to be so much more than work, struggle, and release.

For instance, we believe that one purpose of human existence is to *simply have experiences*. Good ones; bad ones. All sensory experiences present learning opportunities for growth and personal expansion. In this way, the doctor and the ditch-digger stand on equal footing, because ALL experiences contribute to greater knowledge and understanding. Rich or poor, king or servant, all EQUALLY play vital roles in filling the book of life. This perspective helps to take off some of the pressure, doesn't it? All lives are equally precious and valuable. Indeed.

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## Something So Special.

There exists within each one of us a unique and glorious spirit consciousness—that *eternal knower*—which transcends the hardship and momentary struggles of human life. I invite you to find this *knower* within, because the knower is the true self. According to the Greek writer, Pausanias, the following three maxims were inscribed in the *pronaos* of the Temple of Apollo at Delphi:

- Know thyself;
- Nothing to excess;
- Surety brings ruin.

Know thyself, with all thine heart. Take time to meditate upon the nature of your own life's song. Who are you, and what experiences call to you for fulfillment? Even the most sedate, reclined individual forms *some* sort of experiences, so be honest with yourself. Who ARE you?

Nothing to excess. How perfectly this message rings in self-evident splendor! Whether it be delicious food, satisfying work, pleasure, sleep, exercise, study, or the cravings of desire, take nothing in excess. Balance is key to enjoying the well-cultivated life.

Surety brings ruin. Oh, indeed! How certain the intelligent mind may seem, when it knows what it knows with unflinching surety. In all teachings, *especially our teachings*, keep an open mind and wide open eyes. No one can walk your path through life except you. Never fall into blind certainty of any teaching; rather, use your mind and let common sense be your ruling guide. In other words, always think for yourself. You are smart enough to run your life in a way that fulfills you. Let no man deceive you from your true calling. Keep both eyes open, when you may.

How little we would fear if only we truly understood the authentic self: the knower within! When you live from the *place of knowing*, what you know glorifies and sweetens the life you live. Loss seems less fearful to the activated mind, for your true, divine self can lose nothing. Why, then, isn't this message of hope and peace taught in every avenue of higher learning? There is a simple reason why this interesting truth has been hidden for some time: the *fear of loss* is a tool of controlling the masses. If the people truly knew themselves, what would they fear? Let us, in peaceful caution, fortify the great awakening with morality and prudent self-control. Change is upon the world; you can already feel this great stirring within. The day has come to speak a new message of liberation and peace through self-knowing.

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## You are in Control.

There are many so-called truths, and each person must find their own way through this learning experience called “life”. That which feels true for me *may* be similar to your own unique, personal truth, but no two personal truths are ever exactly the same. Therefore, with eyes wide open, absorb from our suggestions **whatever fills you** in harmony with your existing core values. If anything offends, peacefully discard the offending or irrelevant matter and press forward to the next suggestion or offering. Your individual evolution is what matters, and you are always in control. Consider all things, and prize what gives you peace.

A critical mind is a lamp through the swirling confusion.  
Love is the guiding feeling of proof.

Three simple suggestions for your journey:

1. **Do good**, as YOU see fit to do such;
2. **Become better**, however YOU feel called to make such improvements;
3. **Share love**, however YOU feel led to offer such, by thoughts and by acts.

These three timeless principles are the foundation of peace in our time. Spoken in many ways, from the lost teachings of the ancients to Jesus, Buddha, the traditions of Krishna consciousness, and up through to today's worthwhile instruction, self-evident truths fold themselves around these three simple concepts for inner and worldly peace.

If they serve your interests, feel free to use them and fulfill your great destiny. In today's troubled times, it is a great comfort to remember that no matter how life turns out, we are always on task, serving the greater good by gathering sensory and experiential data for the expansion of consciousness and for bringing love home. In all things, hold faith and love. You are truly EVERYTHING, wrapped up in something special, embracing the eternal love consciousness that this world cries out to know, to feel, and to see. Be the love that you set free.

Believe again, when you feel ready.

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