

**Don't  
Think  
... *Listen!***



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to You...  
because you want  
to *really* “get it”...  
this time!

*Other books by JAY:*

BANISHED from the Sandbox (Rev. Ed.)

The UPHILL Trilogy (*poetry*)

1. Broken Cookies and Other Tragedies
2. If You Weren't Immortal, I'd Kill You!
3. It's Too Bad You're "Not" Special

The DOWNHILL Trilogy (*poetry*)

1. I Want To Go Someplace...  
But, I Don't Know "Where" It Is
2. What You Are...I Am, Too!
3. Beyond...The Garden of Eden

Rapid-FIRE

Call In the Angels

*There is nothing more  
important in life than “how”  
we treat each other!  
(I t says how we feel about  
our selves.)*

*When you've become so  
emotionally and mentally  
drained that you can't even  
feel sorry for your ego-self,  
you've "surrendered" enough  
. . . to begin to arrive!*

*“Uncertainty” about doing anything is the same as a decision “not” to do it . . . otherwise, you would—without hesitating.*

*When you “think,” you’re  
trying to figure things out.  
Nothing is solved that way.  
All you have to do is relax  
and “listen” . . . and you will  
know the answer!*



*If you listen “internally”  
to your Self, you will be  
“given” every answer  
to every question.  
(No answer is an indication  
to temporarily do nothing.)*

*“Real” people don’t  
make excuses or defend  
themselves in any way.*

*True happiness comes only  
when you do not “need”  
anyone or anything and  
can “accept” everyone and  
everything as is.*

*“Inner-direction” may  
sometimes seem slow in  
coming . . . but, it lasts!*

*There is no need to be  
surprised by anything here  
because everything . . .  
is “possible” in a dream!*

*When people try to tell you  
what “life” is all about,  
they are (unintentionally)  
lying. (Nobody understands  
a “dream.”) We can only  
learn what it is not.*

*You may have to work at  
“not helping” people . . .  
in order for them to learn  
their lessons and to develop  
inner-confidence and “real”  
self-worth.*

*Whether you have nothing in  
life, or everything, we “all”  
end up at the same place,  
which is not a place, but . . .  
a “state of mind”!*



*When a parent needs  
“more” love than its child,  
the child becomes deprived  
of love and will seek it,  
lifelong, from others.*

*No one will ever know you,  
but your Self!  
(Others only depend on  
their “image” of you.)*

*The “older” we get the more  
we replicate our parents  
and their past . . . until we  
see them in ourselves and  
learn to forgive them.*

*We come into each others'  
lives to touch our hearts,  
and then . . . to set us “free”  
(which might entail our  
separation from each other  
to break our “attachment”).*

*Only . . . friends, lovers,  
family, and co-workers  
will tell you the unkindest  
things about your ego . . .  
so, “listen”! (I t will help  
you to grow beyond it.)*

*“All” forms of nervousness  
—whether it be anxiety,  
high energy, or high activity  
—stem from fearfulness  
(coming from a sense of  
separation from God/Love).*

*If you didn't have to  
"struggle," at most  
everything, you'd be  
bored to death!*

*Being “angry” is the same  
as feeling sorry for your  
self! Both are attempts to  
“blame” someone else for not  
getting your way.*



*Self-pity and anger are  
nothing more than passive  
and active, selfish efforts to  
“control” others into doing  
your personal bidding.*

*Expressing or focusing on  
“anger” or rage is nothing  
more than a bad habit.  
(But, recognition, not denial,  
of it is very important!)*

*As long as you desire  
materiality (i.e., any thing  
or person), you will walk  
“behind” those who don’t!*

*“Loneliness” is an attitude.  
(Stop focusing on and  
feeling sorry for your self  
and . . . it will go away!)*

*Any opinion or judgment  
pollutes the consciousness  
of the physical universe.  
(So don't "think" . . . about  
them!)*

*When you get angry with  
your self for being upset,  
your ego wins, on “both”  
counts.*

*No one can appreciate you  
as much as your Self.  
(So . . . do a “good” job!)*

*Having wonderful insight  
and knowledge does not  
matter if you don't "act"  
like a wonderful person.*



*Fact is . . . this is just a  
“dream.” Everything and  
everyone you want or need  
perpetuates the fantasy—  
without exception.*

*All intimate relationships  
are like “breaking horses.”  
Once your ego has been  
“broken,” you can begin to  
have real relationships with  
others.*

*We all have “multiple”  
personalities, which depend  
upon what our ego’s mood  
is.*

*Everyone has a “dark,”  
or fearful, side. You must  
acknowledge “yours” to  
be free of it!*

*The deeper and longer you  
look at your ego's past and  
characteristics the more  
"free," invulnerable, and  
fearless you become.  
(I t's a lifetime job!)*

*“True” teachers have no students! (They demonstrate The Truth by “living” it— in their consciousness, which emanates through their actions.)*

*“Hopes” and “dreams”  
keep the fantasy-world  
from ending!*

*“Whole” people do not  
have intimate relationships  
because they have no  
dependencies to work out!*



*When you no longer enjoy  
the journey, it's time to leave  
. . . provided you have done  
all your homework and  
have no remaining fears or  
anger and are at peace.*

**Children raise children!**  
**(Period)**

*Why do you think they call  
“work” work? (Because it  
isn't fun!)*

*If you were God, would  
you make a world like this?*

*If this “crazy” world is  
living, imagine what death  
must be?!*

*It's "easy" to love people.  
But, liking them can be  
"difficult," sometimes!*

*Most people never grow  
“up.” They just grow “old.”*

*Whatever brings you the  
feeling of “reverence” is all  
that’s important.*



*The road is “long” . . . but,  
the journey is very short!*

*Only the daily re-commitment  
of both parties in a relationship  
to living the Truth can keep it  
peaceful and together,  
physically, on the earth.*

*In the end . . .  
the best luxury is  
“peace of mind.”*