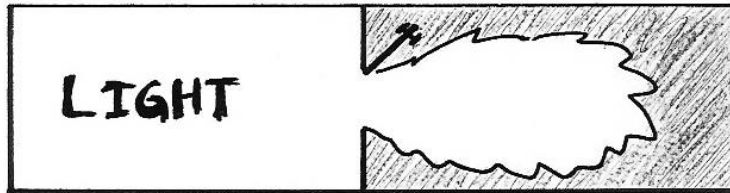


# GOOD VS BAD

In my opinion, at the root of all existence there is no good or bad. I believe there is wisdom and there is ignorance (the lack of wisdom.) Wisdom is higher than Knowledge can be likened to 'good' and ignorance to 'bad.' Life is all about growth and the experiences that lead us to and through our growth. As we have experiences in your darkness (ignorance) we gain wisdom (light.) It is like the little seed that pushes through the darkness of the soil to reach toward the warmth of the sunlight.

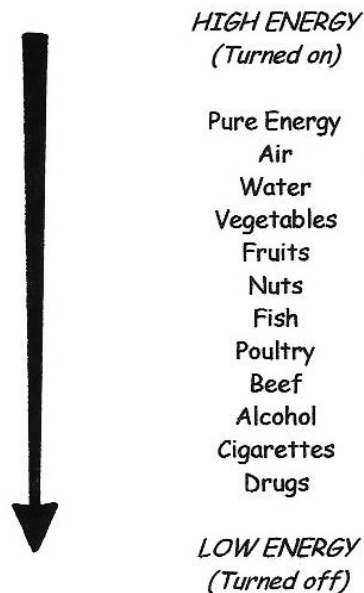
To illustrate this point better: Imagine that there are two rooms side by side and that they have a door between them. One of the rooms has a light on and the other room's light is off. What will happen when we open the door?



The light will enter the dark room! Wisdom penetrates and illuminates ignorance.

We do have free will, though, and with it comes the choices to open the door to let the light in, turn our own lights on, and to keep our lights turned on.

One way we avoid operating with wisdom (good) is through what we ingest. We use foods and other substances to consciously and subconsciously dull our senses. This dulling of the senses keeps us turned off so we can't learn in order to avoid doing what we know we need to do - TAKE RESPONSIBILITY FOR OURSELVES AND OUR GROWTH!!! Basically the heavier the food is the more it dulls our energy field, emotions, mentality, and physical body. The following chart is a small example of foods that keep our senses alert and those that dull our senses.



"We do not become enlightened by imagining figures of light, but by making the darkness conscious."  
C.G. Jung