Mind and thinking are two that are one, yet thinking is clearly subservient to Mind, within which it functions.

Breath and breathing are two that are one, yet breathing is clearly subservient to breath, within which it functions effortlessly.

If one equates breathing with thinking, he perceives that at any given moment, he is either exhaling or inhaling, and that, akin and alike, is the difference between male and female. Together, each includes the other and needs the other, whereas separately, they long to be fulfilled within the other, and they are separate only in any given moment of time.

Mind (God) and thinking (man) are separate only in time, longing for the fulfillment of the other. We let go separateness and equally let go the given moment to be fulfilled in God. Thinking comes to rest in Mind where it has been all the while.

It is the separate longing of thinking to be all that Mind is that has led to the inferior state wherein thinking is filled with guilt instead of Mind. We let go the longing to know what can't be known, and come to rest in Mind. We let thinking know what thinking is, then it knows as it is known.

Thinking is not the whole of Mind but Mind is the whole of thinking. When thinking knows itself fully, the Tree of Life returns to rest in Mind. Never can thinking know all that God is but it knows most when it knows what thinking is. The attempt to know what God knows leads to frustration and woe but the attempt to rest in Mind leads straight to eternal life.

How do I know this is so? If I rest in breathing, I breathe gently in and out, out and in, without taking thought and without suffering. If I take aim to make breathing equal to breath, I have two: exhaling and inhaling. I identify as one or the other and make a given moment in time. Identified as one or the other, I look for fulfillment in the other, rather than in Breath where I had fulfillment without anguish or suffering. But while looking for fulfillment in either exhaling or inhaling, I find myself in physical need, suffering or not suffering and all degrees between. Aren't mankind's anguishes wrapped up in gender wants and wishes, pains, joys and fulfillments that last an instant? Where is peace in that?

Thinking is divided into two, then four, then eight, sixteen, thirty two, sixty four, one hundred and twenty eight and to gridlock and woe. So, I stop. I return to Source. I rest where I began. I find peace. I thank Godhead for God and I.

I embrace my world and bless it. I hold it sacred for Godhead.

***

A cosmology of the original exegesis:

Before the Beginning, Beingness was. Beingness knows Itself fully and perfectly. Knowingness, therefore, is implanted within Beingness and Beingness within Knowingness. These two are one. These two are only.

Being said to its own Self-Knowing, "Show me that I know I am. Or, prove to Me I know
what I am. Or, show Me that I am that I am."

In that day, finite light came into being and that light became the measure of Light; time and space were born and Knowing came alive in The Discipline. The Discipline is the learning of Knowing, the "human experience" in time.

Knowing, permeated by Being, is unable to see the entirety of Being without first knowing what Knowing is. Knowing looks out with its limited light at the qualities and attributes of Being. It looks out also at the qualities and attributes of Knowing. Looking out and looking in, listening out and listening in, speaking out and speaking in, feeling out and feeling in---sensing or living--is the Discipline in process. Living is knowing. Knowing is living.

Knowing and Living are one Being, Self-known in Self-examination. Identity is this and there is no other Identity. Life is this and there is no other Life. Existence is this and there is no other existence.

***

The Discipline is motivated by the desire to know the Self. Knowing, in process, is necessarily incomplete. Incomplete Knowing, (like inhaling or exhaling) seems separate from Being, and desires to be all that Being is. That desire is called the mist. Desire obfuscates, prolongs and educates the Discipline. All the while, limited light is merely the Image of Light. Limited light moves but the Light it measures doesn't move at all.

The mist deprives Knowing of directly sensing Being. Sensing, therefore, does not see It, but sees only the qualities and attributes of It, often believing them to be It. The qualities and attributes are symbols of It and It is Self-known from the symbols. To understand the symbols is to understand the body, but the body is not in the symbols. To understand the body is to understand It, but It is not in the body. It has been this way since the beginning of time and It will be this way until the end of time. Time ends when the sensing body ends its sensing. Time is in It but It is not in time.

To know It is to know Male and Female. Male and Female are in It and It is in Male and Female. These three are One. Male is Female and Female is Male. These two are one. Male is male and female is female and these two are two. These two are the symbols of the One. They exist in the One but the One is real and the symbols pass away.

Male and Female are eternal. Identity is eternally that. The universe is a macrocosm of the Body and the body is a microcosm of the universe. The Body is in the body and the body is in the Body but only the Body is real.

The Body has been called Soul and it is eternal. The body is neither real nor unreal. It is an image of the Body. The universe is neither real nor unreal. It is an image of the Body.

The Image lives and the image perishes. Knowing lives; the known perishes. The Known is eternal. Paradox is real; simplicity is a paradox. Simplicity is called "the Child." The Child is eternal. The child becomes an adult in order to understand the Child. The adult perishes; the Child lives forever.

Life is the Image of Being. The resurrection is the reemergence of the eternal Child of God from out the limits of limited light.

The Universe is a macrocosm/microcosm of the body of Life/Being/Knowing.
Han said, "This is the order of the things as it has been shown to me. My history as a human picks up from there. My discipline is to learn the Real. The Real is the Child within. The Child re-emerges as I live the Discipline again and again. The Discipline is neither real nor unreal, but clearly it exists. The human experience is neither real nor unreal, but clearly it exists. What exists is necessary and for very good reason. The Discipline is to determine that. The Child of myself is REAL because it has found Me and I it. It is Me. I am It. I am the Child of God."

Han said, "Then, I was shown the Great Equation."

"The equation goes by many names. I am not the first to find it or learn its secrets. It has been spoken of since the beginning. It has been obvious from the beginning, seen by few and lived by fewer. It becomes obvious when it is lived but it must be lived before it is obvious and understood to be the Way."

"The Equation is like a door I passed through in order to find what lies beyond the door. I did not know what was beyond until I went through the door. Being is on both sides of the door but Being is Self-known beyond the door. I do not know anyone who knows aught about It who has not been through the door. Many have been through the door who do not know they have passed through. None have passed through until they have been through it, top and bottom, heaven and earth, root and branch, first and last, male and female."

What is meant by this?
"We look at nature and find out. We look at ourselves and find what is meant by this. But, we live this before we know what is meant. We pass through the Door before we know what passing through the Door means. The door is called The Way.
The Way is in It.
It is in The Way.
The Way strips us of the mist.
We pass through the door and the mist lifts.
NOW the Secret, the Equation, begins to disclose Itself.
The Secret is It.
It is the Secret.
To It, there is no secret.
To It there is no mist."

Ordinary people live half the equation. (When they hear of the equation, they laugh at it and scoff at the one who told them)

Superior people live half the equation. (When they hear of the equation, they abuse it, and believe they have always known it. They distrust the one who told them of it)

Ignorant people live neither half of the equation. (They try to humiliate the one who tells them)

Childlike people live the entire equation. (They love the one who tells them of it and honor that one exactly as that one honors them)

These four kinds of people are myself and, from time to time, I am each of these, but the Childlike discover Life and are eternal.

The Child has much to do.
The Child has a mission.
He looks roundabout Himself and lives The Equation, the Door, the Way. He shows Himself how to pass through the discipline to the door of Himself.
He lives the equation as long as he looks roundabout.
He gives to Himself and himself.
He gives his life to save himself. 
He saves himself by living the equation and telling of it to those who can hear. 
To whom does he tell of the Equation? 
To Images of Himself. 
Who are the Images of Himself? 
All who are willing to go through the Door. 
But The Child speaks of the Equation itself only to those who are living it, for they are the ones with ears to hear it.”

***

Smiling at the little group, Han said, "If these words are a mystery, one doesn't know the Equation even though he may be living it. But, if he is living the Equation, he will learn the mystery of these words and find them precise and true. These will live Life more abundantly. These are those ‘whom my Father hath given to me.’"