



SUNDAY, MAY 31, 2020

## The ONLY Thing You Need to Remember to Release Any Negative Thought or Feeling

**Key Lesson: Part 1:** Most of us struggle under a pervasive and ultimately punishing belief that we must do something to enlarge and enhance the world in which we live... When what we really need to do is to awaken from the pain of this illusion by realizing this self-liberating Truth: it's impossible for us to have more, let alone be more than God has already made of us.

**Part 2:** Until we are able to remember - and then embody the realization that "I am" must come before "I want" - then the unquestioned authority of our old fears and tears will continue to take precedence over the possibility of (our) spiritual rebirth.

### Talk Takeaways

- Special Writing: *Your Divine Heritage*  
[https://gfmisc.s3.amazonaws.com/20200531\\_specialwriting.pdf](https://gfmisc.s3.amazonaws.com/20200531_specialwriting.pdf)
- Within us is an order of being that never has to put out fires because it doesn't start them in the first place.
- In the end, all knowledge is self-knowledge. All knowledge comes from the inside-out.
- Our present level of consciousness is just one of a potentially infinite number of mansions in the Kingdom of Heaven. There are many mansions, but presently we do not see them.

- Anything that challenges the memory that belongs to our personality, to the old nature, we go into a mode of defense and protection. Fear, anger, anxiety and other negative states have their own limited memory.
- Instead of being the unconscious slave of a level of self that blindly follows every reaction, it is possible to become aware of that level of consciousness that only knows flight-or-flight. This awareness of consciousness belongs to the next level of consciousness, and it already exists within.
- The higher order of consciousness understands that fear has never belonged to us in the first place.
- The task is not to take thought for tomorrow. The task is to be fully present in the now. You've heard that before, but are you willing to understand it? Because understanding it involves dying to that lower level of consciousness.
- We have no common memory when we are in fact the creation of one. We are not the creators of love and compassion; we are the instruments of these things, and our task is to remember that.
- Within us is all that we are looking for.
- All psychological problems are the byproduct of having forgotten the truth of ourselves.
- There is no path to the truth. It is an awakening... a series of revelations that we were not conscious of the moment before.
- The very fact of identifying with a memory is a limitation. We live in a consciousness that is the size of what we remember.
- Reactions cannot be avoided, but what can be changed is what we remember in the moment that the reaction appears.
- The task in the moment of a strong reaction is to remember yourself, which includes awareness of what the reaction is giving you to remember.

- Remember that "I am" the one who sees negative states, and because of that revelation we are released from the former identification with those states.
- Remember as best you can that there is something else to remember other than what the pained level of consciousness wants to remember. And then make the effort to stay with that remembrance for as long as you can.
- Remembering the truth of ourselves is the same as remembering the truth that sets us free.
- There is a higher level of consciousness that already understands the futility of trying to complete itself through anything outside of itself.
- The level of consciousness that fears evil believes that it is good. This is the level of opposites that cannot reconcile themselves. The awareness of that level of consciousness is the reconciliation.
- The awareness of a negative state holds the negative state and understands the suffering in it, but is not governed by it.
- No relationship is the way that it is just because of one side of that relationship.