



SUNDAY, JUNE 7, 2020

How to Welcome Every Moment of Life (Even When It's One You Don't Want!)

Key Lesson: Part 1: Our refusal to consciously meet any form of self-limitation only guarantees that it will be there waiting to greet us again — and again — until we discover the real reason behind its self-liberating revelation: we are not what we fear seeing about ourselves, nor are we the fear-filled level of self that would have us believe it so.

Part 2: Nothing in the universe has an independent existence; all of creation is mutually dependent, which means that no object — no character or quality in and of itself — can awaken itself, become aware of itself...Let alone make itself new.

Talk Takeaways

- Any true instructor or teacher reveals the limitations in ourselves, as well as the affirmation of higher levels of possibility.
- Every possibility already exists in our consciousness, just not illuminated as of yet.
- When the lower and the higher come together, something new is born as a result of that marriage.
- The consciousness that we live from now is fully dependent upon the identity that it derives from its own images. In that state we are not aware of what we are doing to ourselves.

- In the instant of seeing the consciousness that we were a captive of just moment before, we are set free from the illusion that produced the captivity.
- We are falsely enriched by the images we have of ourselves, but the revelation of our true poverty of spirit is freedom from the painful identification with those images.
- Our hope lies in the revelation of the lower level of consciousness that can't change itself... because what reveals it is of another order.
- We are prisoners of the beliefs and opinions that we strongly identify with.
- When an event meets the consciousness, there is a spark of light in that marriage which is the birth of a new level of ourselves if we will accept the revelation. "I am" is the revelation.
- A true teaching reveals what is possible along with the understanding we cannot create the new possibility of ourselves. A third party is needed in order for the observer and the observed to be unified.
- Any idea or belief of what it means to be whole is the cause of the illusion of separation. We don't need to complete ourselves through anything imagined.
- Resistance needs to be understood as part of the revelation of consciousness. We must not think that resistance shouldn't be present in consciousness.
- We can't be discouraged without the presence of judgment. There is no such thing as inadequacy without judgment.
- All negative states are intended to be revealed, not avoided, not rejected.
- What we're looking for is not outside of us. It's always there.

- Moments that we don't want show the things we have been clinging to that we thought were valuable but that really steal our possibilities.
- The condition is the reflection of our consciousness. There is no group change in consciousness. "Physician heal thyself" is a living understanding.
- Love draws love to itself. Truth draws truth to itself.
- Our task is the revelation of the consciousness that rejects revelation. That is starting over, doing the right thing, and being in the right place.