



WEDNESDAY, JUNE 10, 2020

## **Snap Out of Any Unhappy Thought or Anxious Feeling With One Simple Action**

Key Lesson: Nothing can take from us our spiritual freedom; it is a Divine Gift, which means any time we find ourselves struggling to escape the captivity of a negative state, it's only because we're (temporarily) asleep, caught in the web of a dark dream from which we've yet to awaken.

### **Talk Takeaways**

- In most moments of crisis, the instantaneous conclusion is that the condition is to blame for the way we feel.
- We can't separate the attachment that we have to something from the sense of self that is derived from it.
- To be yourself means to be attentive to what your heart is drawn to.
- Dreams are of the finite world. Conditions rattle the cage of the dreamer, causing a disturbance. There is no dream without a dreamer, and there is no dreamer without a consciousness that is asleep to itself, but it is not 'I' that is dreaming.
- There is another existence altogether that is not the fabrication of a dream.
- When we're negative we are living in a bad dream that belongs to something else.

- True teachings are trying to awaken us from a level of consciousness that has no life apart from its dreams.
- Every dream boiled down is about imagining what is required in order to become complete.
- We are the dreamers of a dream we want to escape.
- A temptation is the promise that when we get to the place that is being dreamed of, then everything will be fine.
- The solution to a bad dream is to wake up. When we wake up from a dream, it is clear that we were not in the real world, believing that it was reality. In order to wake up from a dream we have to be willing to depart from the dreamer and the dream.
- We don't know when we're in a bad dream because the dreamer tries to change the conditions in the dream, instead of seeing the consciousness that is both the dream and the dreamer.
- The task is not to solve the pain of the dream, but to see at once the level of consciousness that is both the dream and the dreamer. Then we realize that the problems contained within the dream do not exist in the way that the dreamer thought.
- Some signs that you are stuck in a dream: If you're anxious; Resenting somebody; Complaining out loud or embroiled in a dark inner dialog; Planning what to say later; Imagining pleasures. Make your own list.
- The pain of living in a dream is covered up by the promise of escaping the pain.
- The way to end these dreams is to pinch ourselves awake. Don't try to make the pain go away, instead come awake to the pain inherent in the dreaming level of consciousness as it tries to keep the dream in place.

- A pinch in the nick of time snaps the dreamer's spell and its dark design.
- The task is to see all of the attachments and dependencies that hold the dream together, making it seem real.
- Use the consequences of having been asleep to come awake to the consciousness that is sleeping.
- The purpose of the moment is not to win, but to see the consciousness that believes that winning is what defines us.
- We are here to outgrow the idea that we can be given any more than what we already are.
- Wanting anyone else to understand us is the proof that we do not understand ourselves nor the purpose of the moment.
- A moment of illumination is the same as a moment of integration.
- There is no one there to be saved as it is dreamed. Any attempt to save the dreamer is part of the dream. The revelation of the consciousness is the true benefit of the moment. Do nothing with the self that wants to escape itself, but watch.