



WEDNESDAY, JUNE 17, 2020

How to Drop the Weight of the World and Walk Lightly Through This Life

Key Lesson: When we seek this world, we may win some of its powers and possessions that are fashioned in time, but when we seek the Celestial, we find ourselves - and that we have something within us which made the stars.

Talk Takeaways

- Our consciousness holds different levels within it. This is alluded to in scripture: "My Father's Kingdom has many mansions."
- We resist the revelation of any truth that holds some kind of pain or an implied loss of some kind.
- We suffer over not wanting to know the truth of something.
- What is one of these truths that we don't want to see?: We can't keep what we have made or what we have acquired in life. And yet our daily activity is mostly predicated upon protecting the possessions we have acquired.
- The Divine is not trying to take something from us. Life is trying to show us that -- while we are capable of creating great things -- we are first and foremost creations ourselves.
- There is a Will that is there before our own. My will is meant to be secondary to the Will that gives us life.

- Anxiety, worries, fears and all other negative states are weights. We pursue what we do because we believe that if we can win the object of our desire, then we will be free from those burdens.
- There is a lower will that sends us out to acquire the possessions that we believe will bring us freedom. That order of will is not who we are, even though it is within us.
- We live from a level of consciousness that imagines what it needs to make it whole, and then we become attached to the image and derive an identity from it. We become dependent upon these images, and suffer unnecessarily as a result, fearing that life may or may not give us what that level of consciousness thinks it needs.
- These attachments are not our own, and neither is the burden of answering the daily interior threat that compels us to live up to the image. We carry a burden that is not our own.
- There is another order of Will that doesn't need to find peace, but that already IS peace. How do we come upon that order of peace? How do we reach for the Divine when the very act of reaching separates us from it?
- True self-knowledge is the same as the new and true action that sets us free.
- Nothing exists without serving something else. That service is inescapable, but WHAT we serve is ours as human beings to choose. We are free to serve what we will.
- Neither unconscious desire nor the false sense of self that it produces are really our burdens. We suffering from it only because we don't understand it.
- Every true teaching is the negation of something.
- The light is what allows us to see the burdens that we didn't know we we are carrying that are not our own.
- When we feel the oppression of a threat, the light of awareness reveals that what is being threatened is not our burden. It is not our job to recon-

cile the threat. From this new understanding comes a new action, which is a negation, a release from the compulsion to answer the threat.

- Be aware of the nature of the burden instead of believing that you have to answer it. The weight belongs to a nature that is naturally a part of our consciousness, but we have become unnaturally identified with and a captive of it. Our true burden is to be aware of that level of consciousness.
- What sense does it make to answer a desire if, by answering it, we just have to do it again?
- See through the impossibility of always trying to be someone special. That is a burden.
- To see something as true is the same as entering into the Will of the moment.
- What we call our "will" now is the emotion of the moment that provides us with a strong identity. Seeing that is the gradual negation of our identification with that level of will.
- People run in debt because that is what desire tells them they must do to be free.
- Relief does not come from avoiding the condition, but from the awareness of the mechanical workings of the conditioned consciousness.
- Free will is our Divine right to choose the will that we serve.
- What we have to discover is the illusion of separation. Our task is not to complete ourselves -- that is the cause of separation. The task is to see the part of us that is trying to complete itself through its idea of what wholeness is.
- Love never abandons us; we don't exist without it. Use the moments when you feel empty to know that you could not feel that emptiness without the light of God.