



SATURDAY, JUNE 20, 2020

Transform Your Resistance to Life Into the "Peace that Passes All Understanding"

Key Lesson: One reason why so many of us spend so much time in a negative space, expressing negative states is because...we start there! After all, most of us meet life — for the most part — unwillingly: resisting, rejecting, or even resenting any moment that doesn't unfold according to "our plan."

Talk Takeaways

- Special Writing: "Step Into the Light of Real Life & Let It Set You Free"
https://gfmisc.s3.amazonaws.com/20200620_specialwriting.pdf
- Our true self belongs to another level of consciousness that we human beings are intended to awaken to and enter into.
- There is nothing that can stand between you and the free mind and fearless heart that you seek.
- In unwanted moments, we're invited to understand that that revelation is meant to expose what's in the dark of us.
- There can't be negativity without there first being resistance.
- We are not created to complete ourselves, we are already within another level of being that is complete in itself.
- It isn't the unwanted moment we don't want, what we don't want is to see and be what is being revealed to us about ourselves in that moment.

- In the unwanted moment, what I don't want is to be me.
- The only logical reason for resisting the moment is so that the image of yourself can continue being the way it is.
- It is natural to have different parts of you that embrace and reject the truth.
- There lives within us something that literally exists to be unwilling, to deny life and its divine purpose so that its unholy purpose can continue.
- Nothing lives, nothing grows that doesn't serve the purpose of that which gave it life.
- We have to have a new relationship with our resistance, with the instantaneous "no." We must learn to ask, "What other path is there in this moment besides 'I want' or 'I don't want.'"
- The true path is to see the futility of not wanting any moment and its revelation.
- My consciousness and my experience of the moment are one and the same thing.
- It's impossible to reject being brought into the light without secretly being set against ourselves.
- We can't resist the moment that is always new without ruining the possibility of assisting in its birth.
- In the moment when you feel the "no" in you, replace it with "show me."
- We can learn to love all moments in life, even the ones we don't want.
- Every moment that we're negative is wasted.
- We have another level of consciousness that can show us the level of consciousness we were in before.