



WEDNESDAY, JUNE 24, 2020

Don't Be a Half-Baked Human Being

Key Lesson: Two angels were working together in Heaven's kitchen, each preparing a special loaf of bread that - when all said and done - was destined to become part of the Bread of Life.

As such, when came the right time, their light-giving nourishment would be shared with some spiritually receptive human being...that he or she might one day join them, and work with them in the angelic realm. Thus it was, is, and always will be, as ordained by the will of the Divine.

And when both loaves of bread were prepared, as ordained, the angels carefully placed them into the oven. But after they had been in there for a while... one of them started complaining saying to the other, "I have to get out of here...I can't stand the heat."

A moment passed, and the other loaf of bread responded, in soft, but very firm tones:

"Of course it's up to you... but if you leave the oven now you'll be half-baked...at best!"

Talk Takeaways

- Nothing can stop us from changing if we learn how to ask. But asking is only half the equation. We must also learn how to receive.

- We must be willing to receive what we are given as a result of the request. To ask and to receive is to be shown the truth of ourselves as we are. The revelation is usually rejected by an aspect of ourselves that does not want to see anything that doesn't fit with what it imagines itself to be.
- Resistance to the moment is the revelation killer. Resistance tells us that what we experience is due to the condition outside of ourselves. That resistance keeps us from understanding that we cannot separate the consciousness of the moment from our experience of the moment.
- Resistance either blames the outer condition or tries to tempt us into judging ourselves.
- The only real limitation to self realization is resistance to the moment of revelation.
- Every person who has ever gone all the way through something has run across many moments in which something within them has said that they could not go any further. That is resistance talking to us, tempting us, and usually we accept the conclusion of that resistance instead of staying with the revelation of the resistance.
- Those who succeed, who never stop, come to understand that they need to master themselves. To master ourselves involves being the overseer, the witness of the consciousness that tells us that there is no point in continuing.
- It is useless to continually try to control unwanted conditions.
- If there is resistance to a condition, it is because the consciousness (that cannot be separated from the condition) cannot accept the revelation that the moment brings.
- We can't overcome resistance. We are not intended to overcome the resistance that we feel. What we can do is realize the nature of that

consciousness, realize that its authority over us is an illusion, and by the light of that revelation change our relationship to it.

- Whatever we see, we are that. That's the spiritual solution to the mystery of what to do about resistance. Our mechanical level of consciousness separates itself from anything that it sees that it doesn't want.
- The thing we resist is not separate from the consciousness that doesn't want it.
- The seer and the seen, the observer and the observed, are one thing. This is the ultimate knowledge because it is the end of knowledge and the end of having to nervously think about what we need to do to get through the moment. There is nothing to resist anymore; only a revelation to accept.
- The point of the greatest resistance is the moment of the greatest potential for change. The height of resistance has to be understood as the place of change.
- Nothing can stop us from entering into the next stage of development within us.
- Resistance tells us to walk away from the moment where the revelation exists. The task is to step into the resistance, not away from it. You can't fail if the wish is to see the truth of yourself.
- Use the resistance that you don't want to see instead of agreeing to the temptation to escape the moment. Anytime you do that you will see something about that consciousness. See that resistance to any revelation is a punishment.
- We are not meant to release ourselves, but to be released by revelation.
- There is beauty in coming to the absolute end of what you can do for yourself, and then understanding that life doesn't end there.

- Unless we start in the right place, we will always be half-baked human beings. What is the right place? Do no harm. Love thy neighbor as thyself.
- The negative effect of any moment of resistance, the pain of it, is nothing but a special effect, an illusion of the lower consciousness.
- We are meant to live in an awareness of the consciousness instead of identified with what the consciousness says we must do.
- All resistance to the moment is the bitter seed of past knowledge, belief and certainty.
- Resistance wants us to believe that avoiding an unwanted moment is the same as transcending it.
- The real power that we are given as a gift by the Divine is to understand that fear is always a lie. The real power is the Light's unmasking of fear.