



SUNDAY, JUNE 28, 2020

Enjoy the Limitless View of an Unlimited You

Key Lesson: Part 1: The futility and inevitable frustration of trying to "fit" the Immeasurable into our present level of consciousness is like spending a day at the sea shore, and then hoping to take the ocean home with us...in our sand pail.

Part 2: We live in a world the size of our present understanding...and all of our choices and actions in life are a direct reflection of it. So, when this understanding — and the actions it gives us to take — is limited to yes and no, fight or flight, good and bad...then our world is as limited as that understanding, and in that limitation of understanding is an unseen suffering.

Talk Takeaways

- Any creature that is held in captivity suffers from a kind of neurosis.
- Denial of our self-created condition is itself a form of captivity that refuses to see where it is complicit in its own experience of life.
- There is a level of ourselves that cannot be made a captive of anything.
- Our consciousness, not aware of itself, selects something particular out of the whole of the moment to resist. Then that consciousness begins to form the reason why it is resisting that thing.

- There is no definition connected to a mechanical reaction to a moment the instant it appears. But a split second later the reaction is defined by the unresolved experience of similar past painful moments. When we define and identify with the reaction, we are then confined to a world of limited choices.
- Wrapped up within the interpretation of a mechanical reaction is a threat. When we identify with the interpretation we remand ourselves over to a set of fearful thoughts and feelings in order to try to regain control over the threat.
- The only way that this consciousness believes it can regain control over the moment is if it reduces all of the elements of the moment into a recognizable image. This is a reduction of our possibilities due to a consciousness that is trapped in self-created captivity.
- When the consciousness reduces the moment into a single thing it can recognize -- which comes from the past -- then it feels (falsely) as if it can control the moment.
- This divided level of consciousness limits us by promising freedom from the very pain that it is producing.
- A judgment is a reduction of the whole of the moment by a level of consciousness that tries to make something that it doesn't recognize or understand into something that is known, acceptable, containable and controllable. What is known by that mind is its own image, not the thing itself.
- The more we agree to go along with this divided consciousness, the more we are agreeing to limit our own possibilities.
- Is there freedom of any kind at all with being identified with the content of the past? The very certainty of what the moment means IS the captivity.

- Reactive thinking is the attempt to transform a misunderstood moment, that has suffering in it, into something that is manageable. How can a life that is managed be limitless?
- Seeing that something hurts you, that it is a limitation, is enough because the revelation of the fact is the healing of the hurt, the transcendence of the limitation.
- We already have within us everything we need to participate rightly in any moment. To live in that presence is freedom.
- Our potential is unlimited revelation and unlimited release.
- Almost every path that our mind gives us to find the end of a problem is the beginning of another one.
- Catch the part of you that says it is leading you to freedom even as it limits your possibilities. With those revelations you'll begin to understand what freedom actually is.
- Until there is an observer (genuine awareness) of consciousness, that consciousness is only the observer of its own content.
- When the negative state is allowed to be what it is, when we see the whole thing, we see that it is part of the broader celestial system.
- There is either "the observer IS the observed," or the divided observer is defining and trying to control the observed.