



WEDNESDAY, JULY 8, 2020

How to Perfectly Balance Every Moment of Your Life (Even the Most Painful Ones!)

Key Lesson: Part 1: Whether the winds of fortune blow hot, cold, left, right — in the face, or from behind — don't lean toward one, or away from the other. Instead, remain awake and stand upright; only a quietly balanced mind can walk — unharmed and unhurried — over the uneven surfaces of this world while doing no harm to others.

Part 2: He refreshes my soul as He renews my faith, but not in things seen, let alone hoped for in a time to come...rather by welcoming me into the flow of His ceaseless rebirth, whose grace and mercy is mine whenever I agree to walk in His ways.

Talk Takeaways

- A truly spiritual individual discovers a ground that cannot be pulled out from underneath their feet.
- False, imagined balance is born out of resisting anything that you believe to be unlike yourself.
- How can an unbalanced mind based in misperceptions ever create balance for itself, let alone for anyone else?
- We are not created to create balance. Our purpose in life is to be the instrument of balance. We do not create balance when it comes to our physical health, for instance; our task is to find out where we are interfering with natural balance.

- The only way that balance is restored is from the inside-out. It is an inside job, and it is already done.
- The unbalanced nature blames the world outside of itself for the lack of balance it experiences.
- The real balance of life is the same as rebirth, and it is never not taking place.
- Every true teaching points to a living principle that, once understood, begins to change our relationship with the world around us.
- What is the actual meaning of "faith"? It refers to a conviction in and a reliance upon the truth that "as above, so below." Faith is an understanding of scale.
- We live in a kingdom of many mansions, and not one kingdom is separate from another; mansion within mansion within mansion, and so on. There is an endless perfect balancing taking place from the highest mansion to the lowest.
- In this world, everything that comes into manifestation is the result of three forces: active, passive and reconciling.
- The act of trying to regain balance by resisting what is blamed for the imbalance is destructive.
- Faith is really self-understanding. The world that we see outside of ourselves is a reflection of the worlds within us and above us.
- When we are being carried along by a negative state, we do not yet understand that life is not trying to take something from us, but life wants us to turn inwardly to see that balance cannot be regained by force.
- Rushing is the futile attempt to restore balance to anxiety. Pretense is the futile attempt to restore balance to a sense of inadequacy. Sarcasm is the futile attempt to restore balance to a sense of being vulnerable. Avoiding a moment is the futile attempt to restore balance to the part of us that fears the moment.

- It is not our job to restore balance to our psychological pain. Our task is to see the fact that balance already exists, and that it is already done if we will stop trying to regain balance through our own efforts. Our task is to be the witness.
- Everything is under law, and that law is the very center of our being. In the revelation of these laws is the restoration of balance.
- Identification is blindness. No reaction can reconcile its opposite, and we cannot see that when we are identified with a reaction.
- The task of the observer is not to change what it sees, but to see that it cannot change what it sees while understanding that something does need to change.
- All conditions are the perfect place for revelation.
- Confusion in our inner work comes from trying to do what is spiritual with our mind, with the intellect. Instead be present to the feeling that the unbalanced consciousness is producing. This puts us in relationship with a part of us that already knows what to do.
- Anxiety is the evidence that our identity that is attempting to regain balance is a false one.
- We must find another world if we want to heal this one.
- Boredom is a mind running over the old ways to balance itself within a system that could not restore balance the first time. See that and boredom will vanish.