



SUNDAY, JULY 19, 2020

Realize the Timeless Freedom that Begins and Ends with Being Fully Self-Responsible

Key Lesson: Once we realize the only thing that makes some painful moment seem impassable is nothing more than our reluctance to assume responsibility for what that same moment has come to teach us about ourselves...we are well on our way to realizing a new order of freedom wherein all things are possible.

Talk Takeaways

- Special Writing: "How to Ask Truth to Set You Free"
https://gfmisc.s3.amazonaws.com/20200719_specialwriting.pdf
- We are raised in a world in which we are taught false responsibilities by a consciousness that doesn't know anything about a human being's first and true responsibility.
- The things that the world treasures are of no use at all. In fact, the pursuit of worldly treasures becomes a torment to those who have realized that these so-called treasures have no value.
- Hillel the Elder alluded to our true first responsibility when he said, "If I'm not for myself, then who will I be? But if I am just for myself, then what am I? And if not now, then when?"

- How can I be "for myself" and "for others" at the same time? That's what we need to find out, because it is possible to be for myself completely and not against another.
- The will of the lower, animal nature that lives within us only knows how to take one side or the other. The lower nature cannot be transcended by identifying with one or the other of the opposites. That level of consciousness can only act out what it believes is good for itself, and reject what it believes is bad.
- Do not do to others that which is hateful to yourself.
- At the moment of seeing the fact that you are about to do something harmful — either to yourself or another person — at that point there is the chance to die to that level of self.
- I am responsible for my negative reaction. I am responsible for what I see unfolding within me at all moments.
- You are not the one who creates the negative reaction, and you are not the one who hates yourself for having that reaction. Your responsibility is to see the fact of that.
- What we call our will is something that avoids awareness of itself. Instead of aligning yourself with the lower will that blames, choose instead the Will that reveals the lower.
- Refuse to look for freedom outside of yourself. Refuse to look even to your own thoughts for freedom.
- The first responsibility is to be in your body, aware of yourself and everything moving through you. If you attempt to do that inner work, then the Work will prove to you the validity of the work you have done.
- Here's a simple exercise for everyone: "Shut up." Don't give a voice to any negative reaction that you catch stirring in yourself. This

exercise will make it clear that we cannot "do the good that we want to do," and that is a healthy thing to see.

- Darkness is the absence of light, not the proof that light doesn't exist.
- There is a difference between the proper quiet contemplation of an idea, and the mind's stressful analysis of a principle as it strives to become something special.
- A reaction in and of itself is not negative. The negativity comes into play when the revelation of the reaction is rejected.
- We must not be afraid of ourselves. The part of us that fears pain in ourselves IS the pain that it fears.
- All true teachings are reminders of that which already lives within us, waiting to be revealed.