



WEDNESDAY, JULY 22, 2020

## **End the Pain of Always Feeling Apart from Life**

Key Lesson: Higher Life lessons that reveal and help us realize our True Self are not the effect of passing events, rather life's events serve these teachings of the timeless kind. This proves that these lessons are, in fact, eternal in nature, and that they exist before any moment calls them to our attention!

### **Talk Takeaways**

- There is a force that resides within us that is creating an unseen separation between us and the world, between us and other people.
- We are drawn from the inside-out to unite with the things in this world that we want to know more about.
- The purpose of relationships are the revelations that result from the interactions that happen within those relationships. Revelations hold the possibility of a unification for everyone involved in those relationships.
- It is natural for us to want to unite with that which is whole. But there is a part of us that interrupts this unification because it wants to be seen as something special. There is a part of us that believes that being whole is the same as being recognized as something unique.
- The very seeking of something to make us feel special separates us from the specialness of what already exists. That seeking nature's sense of self depends upon what it is identified with. That separation creates an irreconcilable pain.

- The sleeping consciousness attempts to make itself whole by pursuing something outside of itself that it believes will make it feel whole and fulfilled.
- We suffer because we are identified with something that tells us why we must suffer and what we must do in order to get rid of the suffering.
- Our true nature is already within a "holy" (whole-y) relationship. It already exists.
- The moment as it is revealed is the very presence of the Divine.
- We perceive life and the world around us through the eyes of a consciousness that looks out and sees the world around it as being incomplete. We are conditioned to see the world as something that we are going to complete ourselves through.
- The first step to ending this pain of feeling separated from life has to begin with self-knowledge, which includes seeing that our present conception of knowledge is a self-made prison.
- Spiritual work is about reaching the point where we realize the need for new values... while at the same time seeing that our old values have led to suffering and separation.
- The "observer is the observed" is reality; separation is the illusion.
- True surrender takes place when we see that we live from an imagination that will never reach the perfection that it believes will make it whole.
- Seeking anything, spiritually speaking, proves that we believe that what we need is to be found somewhere outside of ourselves.
- There is something in us that ceaselessly imagines unity, something that dreams up the idea of what it means to be whole. We live from a consciousness that imagines unity, and we suffer for every creation that it fashions from its imagination in its attempt to become whole.
- When the truth shows us that there is no separation between the whirling world and our inner life, the analytical mind that wants to be

something special will not be able to understanding that unity; that unity must be felt and experienced through being.

- Movement, and the stillness that allows us to experience it, are not separate. The divided consciousness believes that all of the movement it sees takes place outside of itself.
- Fear is a consciousness that has been conditioned into believing that it must have control over life instead of surrendering to life's revelations.
- We resist the movement of a moment when we identify with the movement. Identification is resistance.
- There is a part of us that fear nothing that moves through it. That part of us has no need to protect itself.
- When we stop resisting the revelation of the moment, then something formulates within us that knows what to do in each moment.
- No movement that courses through us is the whole of ourselves. It would be foolish to identify with every wave in the ocean that crashes onto the shore. The same principle applies inwardly.
- We wouldn't be able to experience movement unless the ground of stillness already existed. When that is realized as being true, then it is not possible to identify with any wave of fear that moves through.
- When we are identified, we are either looking at what we want, or at what we don't want; this is separation.
- Being willing to see what we are given to see is not always the same as liking it.
- We must be grounded and see the movement at the same time; that is unification, wholeness. The stillness and the movement are secretly complimentary and never in competition with each other.