



WEDNESDAY, AUGUST 5, 2020

## **7 Signs of Being Spiritually Asleep**

Key Lesson: Part 1: The wish and the work to be present - to live in the Presence moment - is the upper path. The "steps" alternate between complementary discoveries: first seeing within ourselves where and how we fall spiritually asleep...A discovery that, in turn, becomes both impetus and the power we need to wake up and to walk out of the world of dreams.

Part 2: Our present level of consciousness is so fragmented, so impermanent, that while this same consciousness can catch the occasional glimpse of its own present limitation, it can't remember it long enough to effect any meaningful, permanent change within itself.

### **Talk Takeaways**

- The only thing in our way is what we don't yet know about ourselves.
- We are given two great gifts when we are born into this world: the gifts of time and attention.
- It is through the development of our attention that we are given the capacity to accomplish the real purpose for being here on Earth.
- Why is there something within us that knows what is good and profitable, while at the same time there is another part of consciousness that walks around asleep and forgets? We have to find out what is going on.

- As goes our attention, so comes our experience. Our attention produces our experience of any moment. We are always going to experience what our attention is given to.
- A condition has no authority over our consciousness save for when we identify with the condition through the wrong use of our attention.
- We are drawn to things outside of ourselves because there is a corresponding part within ourselves that needs to be known and revealed.
- The observer and the observed are a singularity. There is something that keeps us apart from the experience of this unity by repurposing our attention in the moment, and it happens with our consent.
- We must take our attention back from the part of us that is using it to create a temporary identity.
- 7 Signs of Being Spiritually Asleep:
  1. You are spiritually asleep anytime you revisit unwanted and painful moments from the past.
  2. You are spiritually asleep anytime a part of you wants to try something new but another part reminds you of all the failures from the past and convinces you you'll fail again.
  3. You are spiritually asleep anytime you go to the store with the intention to buy one item and come out with 20!
  4. You are spiritually asleep if you always seem to have a huge line of unfinished tasks following behind you.
  5. You are spiritually asleep anytime you fail to notice that the person whose ear you are bending with your strong opinion isn't at all interested in hearing about it.

6. You are spiritually asleep anytime you begin a conversation with someone from the middle of a thought that was part of an internal dialog that the other person knows nothing about.
  7. You are spiritually asleep whenever you overeat... be it actual physical food, or thoughts that promise to make you feel complete.
- The only way that we can harm ourselves or others is if we are in a dream of some kind.
  - There is a so-called waking level of consciousness that does not know that it is spiritually asleep. The proof is that we get hurt, and no truly awake and conscious human being would hurt him or herself.
  - Every justification for what has ruined our lives is given to us by something that says we must suffer for the sake of the dreamer.
  - "Thou dost keep him in perfect peace whose mind is stayed on Thee." This passage of scripture is alluding to the gift of attention and what it must be used for.
  - Our identity is caught up in a whirlwind level of consciousness that is ceaselessly seeking to complete itself.
  - In between practical tasks -- in between moments when practical thought must be employed -- bring your attention into an awareness of the whole of the moment -- aware of the world around you and everything that it is stirring within you at the same time. Keep your attention there whenever it is not needed to attend to a practical task. Don't be surprised or dismayed if you are only able to do this for a few seconds at a time.
  - Catch the moment when something in you wants to repurpose your attention for the purpose of validating itself.

- See the relationship between what you are attending to and your experience of the moment.
- If we are embroiled in any kind of thought other than practical thought, then we are dreaming. Awakening from the dream is the same as attending to the dreamer.
- The lower level of consciousness is a creation that cannot complete itself, but that never stops trying to do so. We are intended to be aware of this consciousness and its activity instead of being its instrument.