



SUNDAY, AUGUST 9, 2020

Discover the Unseen Root of Addiction, Dependency & Other Self-Destructive Choices

Key Lesson: Part 1: We can imagine almost anything save this one unimaginable exception: the dark walls that seem to close in on us in the midst of some unwanted moment are, in fact, nothing more than (parts of) a dark dream born of a mind so asleep to itself...it can't see it has unconsciously imagined the meaning of that moment it now struggles to escape.

Part 2: A good recipe for being present: In each and every moment, change whatever needs to be changed, accept what cannot be changed, and regardless, use both (set of circumstances) to help reveal, and release you from being attached to, dependent on, and painfully identified with either one.

Talk Takeaways

- Special Writing: "Uncover the Secret Source of Self-Sabotage and Be Set Free" https://gfmisc.s3.amazonaws.com/20200809_specialwriting.pdf
- If we are in a dream and asleep, then it is because we cannot see who and what we are in that moment.
- When we actually see the truth of something, we do not need words anymore. But we presently live from a mind that is constantly analyzing, philosophizing, and struggling to understand.

- When we see something, we don't need to think about what we feel. Thought interferes with the experience of beauty and the pure perception of it.
- Those who have found genuine freedom -- perhaps those who have had an addiction of some kind -- have seen the need to surrender to a higher power.
- We believe that we are conscious when we open our physical eyes in the morning, but if we were truly conscious we would not harm ourselves or others.
- "As above, so below. As without, so within." For everything that we see, there is an equivalent unseen. For every world that we can see, there is an equivalent world that we can't see.
- Everything that we look at with our physical eyes reveals only half the story at best.
- The same mind that produces fear, hate, envy and anger tells us what we should do to get rid of those same negative states.
- Without the darkness within us, which secretly compliments the light, there would be nothing needing to be revealed.
- We are captive of addictions because we know nothing of the nature that depends upon the addiction for its identity.
- When we are dejected and think that we are nobody, we are at that moment someone special in the spotlight who believes that the world is to blame for the way we feel. How many times are we going to be tricked into feeling bad about ourselves?
- No one sabotages themselves while consciously knowing that he or she is doing it. We would not take the self-harming action if we were aware that the level of consciousness telling us what to do about the pain is what produces the pain.
- We are blind because we believe that we can see. We are blind until we see that we are blind.

- Conditions and events exist to help us see what was formerly unseen.
- When you are rushing, you are allowing an unconscious nature to give itself what it thinks it needs to resolve the pain that is produced by the very nature that believes it needs to rush.
- Choose to see all that you are, which includes seeing the nature that only sees one side of the opposites. The whole of yourself is reality.
- We will never come to the end of an addiction by serving it.
- There is no need to fix your life; you need to see the need to stop fixing it.
- Spirit sits in observation of its own creation, whether we "want" to see it or not.
- You are free right now. You are free to see that the feel is real, but the why is a lie.
- The need for power is the creation of a powerless consciousness. We don't need power; we need light.
- A part of us believes it is awake because of how quickly it can judge everything.