



SUNDAY, AUGUST 23, 2020

The Real Road to Spiritual Freedom Starts Here

Key Lesson: Stop giving unwanted moments your ear, let alone a voice with which to complain about their sting, and soon there will be nothing left to resist...including the pain inherent in talking (to yourself) about how life has done you wrong!

Talk Takeaways

- When you find yourself surrounded by raging thoughts and feelings that are closing in on you, remember yourself with the understanding of "You go on without me," and watch those thoughts and feelings flow down the river.
- Our present level of consciousness is really just one level of being, one mansion in the great kingdom of existence.
- We are usually not aware of our own consciousness itself; instead, we are usually aware of what that consciousness is attending to and fixated upon, and our identity is a manifestation of that relationship.
- We are in an unconscious relationship with a level of consciousness that cannot see itself.
- You must become a thought watcher, but no thought can watch.
- One of the first great spiritual shocks we experience is that we are not our thoughts.

- There is a difference between the usual sense of ourselves and the awareness of ourselves.
- Seeing that you can't even help yourself is the beginning of genuine compassion and forgiveness.
- Here is an exercise: find someplace quiet, preferably in the morning, and sit there with no intention other than to watch thoughts. Remember to be a thought watcher, and that thoughts cannot watch. Don't worry if you can only do this for only 30 seconds before you are carried off into thought, wrestling with the past. With your efforts, and when you get tired enough of being carried away, you will develop the capacity to sit quietly and observe for longer intervals of time. Eventually this exercise will go with you throughout your day.
- The part of us that doesn't want a moment can only exist when and as it separates itself from what it doesn't want.
- There is an infinite possibility of revelation of who and what we really are.
- None of the infinite colors of consciousness are 'I,' but they are all a part of consciousness. "Real I" is connected to the part of us that can observe the consciousness.
- The "scorpion nature" that lives within us will sting itself (judge itself) for having a scorpion nature and for acting like a scorpion, believing that it should be better than that. You are not that scorpion nature, but it does exist within the consciousness. Observe that.
- Psychological time does not exist without comparison. Time is irrelevant to the light that reveals everything.
- We are not the one who awakens, and we are not the one who goes to sleep...our part is to see the truth of that.
- No thought can catch itself. Be the one who watches thought by making the intention.