



WEDNESDAY, AUGUST 26, 2020

The Unthinkable Lesson that is the Foundation of Self-Liberation

Key Lesson: One way we can be assured that we're beginning to awaken to Real Life is when we can say the following — without a trace of doubt — to any anxious or fearful thought: "I don't need you anymore!" And what a day that is!

Talk Takeaways

- We must be the ones to do the work so that the seed of self-knowledge can grow.
- There is an ancient prayer that goes, "From the unreal, lead us to the real. From darkness, lead us to the light. From death, lead us to immortality."
- It is possible to change our relationship with our own consciousness. The change in consciousness must be an interior one, and the change begins to take place when we become aware of our consciousness.
- One of the first essential spiritual shocks is seeing that we are not who we have always taken ourselves to be. In that moment we are raised above ourselves by the part of us -- that was always there -- that can observe the level of consciousness that is identified with every changing condition.
- If I am not the one who is calling up demanding and anxious thoughts into my consciousness, then I am also not the one who has to answer those thoughts' demands.

- Usually we identify with passing thoughts and say 'I' to them, creating a temporary sense of self that is connected to each thought. But thoughts are not a "who"; they are a "what."
- We cannot have a negative reaction that is separate from resistance to a moment. There cannot be resistance with there also being a perceived threat, a thought that says that we are in danger.
- The very thing that we turn to for protection is the thing that threatens us, claims we are in danger, and that we must protect ourselves.
- Every solution that we are handed by the level of consciousness that can't see itself includes the promise of a better time to come, when we will finally escape the unwanted condition and be free. But the false promise of a time to come belongs to a consciousness that does not know anything about freedom.
- This moment right now is the time to come. It is the point at which the Will of Heaven is done in the Earth of ourselves.
- If the question isn't mine, then I don't have to answer it. If the fear is not mine, then I don't have to give my ear to fear's threat.
- There is no negativity in the practical application of thought. Negativity comes into play when we identify with thought, which produces a sense of self that resists conditions that seem to threaten the sense of self.
- Anything that resists a disturbance is a part of the disturbance.
- We are not meant to be forever free of disturbances, but we are free to use all disturbances in order to change our relationship with consciousness.
- The authentic interior path includes seeing that we do not possess the strength or power that we believed we did. Who we really are is what can see that.