



SUNDAY, AUGUST 30, 2020

The Secret of Being at Peace with Yourself

Key Lesson: Part 1: There can be no silence, no real peace in our heart and mind without full acceptance of each moment... And there could be no such acceptance of the moment without accepting what the moment reveals to us -- about us -- in that same moment.

Part 2: Self-acceptance is self-realization; self-realization is self-acceptance.

Talk Takeaways

- We are meant to use everything that happens to us to deepen our relationship with peace.
- I get disturbed whenever what 'I' know is not confirmed by the prevailing condition.
- Anxiety is a state that tries to find rest by racing through all of the possible paths to take in order to get through the moment.
- As above, so below. As within, so without.
- Our experience of any given moment is inseparable from the consciousness that is responsible for the perception of the moment.
- The world that we can see is a manifestation of a world that we don't see.

- The "thought police" is first an interior judge that gives its approval or condemnation of every thought that comes along and of everything that we do. The interior thought police believes it knows what is wrong and what is right, and wants total control over ourselves and outside conditions.
- No moment can be anything other than what it is. The exterior event is not the cause of pain; the cause of pain is an interior reaction that is resisting the moment as it is.
- The pain is in blaming the exterior event or person for what we have yet to understand about ourselves.
- The acceptance of the moment is one and the same as the acceptance of myself. And the acceptance of myself requires an entirely new understanding of what "myself" is.
- Everything in nature is constantly being updated, being made into the ever-changing, never-static image of the Divine.
- We have free will to accept or reject the gift of participating in our own rebirth. No other creature has that kind of choice.
- We transcend ourselves by accepting what we are shown about ourselves. Accepting the revelation is the acceptance of the Will of Heaven. Each time we accept the touch of revelation, we are not the same person as before.
- To "be yourself" means observing yourself, and catching yourself trying to be someone who knows who you should be.
- Stop struggling to be at peace, both with yourself or with others. Nothing is more painful or destructive than the thought police struggling to bring about peace with other people.
- Peace is perfect silence, and there is no perfect silence without acceptance.

- Do what is practical and necessary, but show your children that you as parents are striving to understand, rather than always trying to prove that you know more than they do.
- Stop trying to not identify; that is identification with an image about what it means to not identify. Instead WATCH the tendency of this nature within us to identify.
- Meditation is living reconciliation. Use every moment as the meditation to see and accept yourself as you are.