



SUNDAY, OCTOBER 4, 2020

Reclaiming Your Right to Make a Fresh Start in Life

Key Lesson: Part 1: Any form of (psychological) suffering that looks back into the past for its "cause" - or to the future, in the hope of some imagined freedom to come - isn't just useless, it's wasted.

Part 2: Here is the real "secret" of starting over: No moment in life can be any newer than we are willing to be as it dawns within us, inviting us to be a part of its Timelessness.

Talk Takeaways

- The reason we don't change is because of the reasons that we have for why we don't change.
- Starting over doesn't require adding something to yourself, but instead laying down what is presently interfering with the new start.
- There can be no negative reaction to any given moment without there being resistance to that moment. Negativity is the bitter fruit of resistance. All negative reactions are painful by their very nature.
- Resistance is never to the moment itself; the resistance is actually to our perception of the moment, and our perception comes from the content of a level of consciousness that inserts itself into the moment so that it can reincarnate itself.
- We are never not being given something new that renews us.

- Unwanted moments never appear without a demand. The demand is to fix, resolve, change the moment into something that is familiar and comfortable.
- Every disturbance reveals that we are not the image that we have of ourselves.
- When there is resistance to an unwanted moment, there appears an authority that seems to know what to do to fix the moment and put down the disturbance. But who is this "me" that is going to rescue "me" from the unwanted moment?
- You can know that you are being led by a false guide by the presence of a certainty that you know all about the whole of the moment. If something is talking to you inwardly, you are being lied to because you are being given only a partial view of the moment at best.
- Our bodies will eventually assume the physical shape of resistance if the resistance remains in its position of authority. Awareness dismisses the resistance and the subsequent reactions that follow so that we no longer believe in their authority.
- Learn to SEE negative reactions instead of seeing your life through their eyes. The reaction is a lying 'I.' Seeing is the same as bearing the brunt of the past content of consciousness that seeks to take authority so that it can guide you through the unwanted moment.
- Let your awareness of the moment be your guide. Awareness doesn't need to defer to any authority that interprets the moment in order to escape it.
- We need no more authority than true conscience, which is a direct relationship with the Divine authority that sees the whole moment as it is.

- We are meant to have one undivided life based in awareness and based in the love of Truth, so that there is a ceaseless first in our life. Then practical life takes its proper place.
- Fear can never be safe, even though it promises safety if you believe in its authority.
- Throw out the idea of "advancement." The self that wants to advance is stuck in time, always comparing itself to the past and at the same time hoping to be better in a time to come. Awareness of ourselves in the present does not involve time, and it certainly does not worry about advancement.
- Real intuition has no 'I' in it. Any self that shows up after a moment of real intuition is a false guide pretending to be the intuition that will lead us to something good.
- See the negative reaction instead of allowing the reaction to act as your guide.