



SUNDAY, OCTOBER 11, 2020

## **Transform Any Painful Moment into a Life-Changing Turning Point**

Key Lesson: Part 1: We cannot live in fear of discovering the truth about ourselves, about our life...and hope to find the truth at the same time.

Part 2: Here's an immutable spiritual law: we will never know all it's possible for us to be until we agree to consciously empty ourselves of all that we have been moment-to-moment; we must agree to see, and then let go of a self that can do nothing, and go nowhere other than in another circle created from the content of itself.

### **Talk Takeaways**

- Real life is actually set up to help you succeed at becoming a better human being.
- The lesson in an unwanted moment is an unexpected gift, and the gift is the realization that it is time to make a real change in our life.
- There is a level of consciousness that keeps covering up moments that it doesn't want with what it does want. The only real solution lies in the transformation of that consciousness.
- The size of any unwanted moment is in proportion to the size of the perceived threat, which in turn is in proportion to the size of the negative reaction. Unwanted moment, perceived threat, and negative reaction are all one thing.

- The real unwanted moment is our reaction to it, not the moment itself.
- There can't be a disturbance without there also appearing a desire that seeks to reconcile the disturbance.
- The path that we are given to follow in an unwanted moment is always something that we recognize, something that is already familiar, that we already know. The path that we are given always circles back to where we began, which is living from the same consciousness that will continue to resist all disturbances.
- We rarely think that we are complicit in a moment of conflict.
- The path that promises release in a time to come is an illusion.
- What is new can't be known; it can only be realized.
- Every road that we can imagine has already been traveled.
- The awareness of the fact that we have been here on this circular path before is the turning point. That awareness is the road less traveled. All other roads lead nowhere new.
- The road less traveled is the one that is provided moment to moment by the Will of the Divine.
- How do we take the road less traveled? The first step is through the awareness that where we are in the moment, right now, cannot be separated from what we are identified with. The identification is what is producing the conflict in the moment. That awareness helps us see that we have been there before, and that we must not go there again.
- The road less traveled is always INTO the moment and our awareness of it. The awareness is the path.
- The path of least resistance is the road most traveled.

- Reactions are built into the consciousness that is manifesting them. Awareness reveals that those reactions and the consciousness are one thing.
- The road most traveled is the one that is inseparable from the reaction to the moment. The road less traveled is awareness of the reaction.
- We are not meant to escape ourselves; we are meant to have the content of ourselves revealed to us, which is the only thing that changes us.
- To enter onto the road less traveled we have to be willing to bear the consciousness that tells us that something bad will happen if we don't follow the familiar path.
- There is a point in a person's spiritual work at which he or she can no longer hide in the intellect. There is no safety in thinking.
- Genuine freedom does exist, but not for the self that imagines what freedom is. The mind that imagines freedom is in prison of its own making.