



WEDNESDAY, OCTOBER 21, 2020

Walking Away from Worry, Conflict, and Fear Begins Within

Key Lesson: The (spiritual) impetus to transcend our present level of self is granted in our first glimpse that what we really need is not a way to resolve, or outrun whatever punishes us...but rather to quietly - consciously - walk out of a dark and lower world inhabited by legions of self-limiting beliefs, including their offspring of worry, conflict, and fear.

Talk Takeaways

- What we are looking for is already within us, not outside of us. It is true that "the Kingdom of Heaven is within," but we don't know anything about that when we're afraid, anxious, and fighting with life.
- What if we could know -- whenever we find ourselves in some kind of pain -- without having to think about it, that what we were experiencing in that moment was a dream. The obvious solution to being in a bad dream is to wake up, but we need a new understanding of what that means.
- There is something inside of us that does not want to be awakened from the dream that confirms the self that is the star of the dream.
- We can never seem to find what we think is missing from our lives. Why? Because we don't really know what is missing.
- What we are missing is an awareness of our own existence, and nothing else. If we had that awareness, then in that foundation of

presence we would understand that all of the world's powers and possessions cannot add one thing to us.

- We are capable of bringing about a separation from the level of self that cares only about its own ambition. An old relationship must be given up in order to realize the new interior relationship with something that doesn't need to think to know that it exists.
- A grand illusion is the idea that we must follow our own thoughts and feelings to bring an end to the sense of being incomplete. The illusion is that the observer and observed are separate.
- There would be no chance for us without the divinely discontented part of us that longs to reconnect with the light.
- Attachment to -- identification with -- thoughts and feelings is the source of the dream that believes it is awake and knows what it is doing.
- When we have an ache in our body, it is not 'I' who aches. The ache belongs to a level of ourselves that can be observed, but it is not 'I.' The feeling seems to be "me," and so we lend our identity to that feeling.
- The movements of thoughts and feelings are waves that we mistake for being 'I' whenever there is no awareness of them.
- The prodigal son parable is a timeless story of the soul remembering and returning to the source of its existence.
- The road less travelled is the awareness that the true journey is already complete. We do not need to go anywhere or do anything to know that we exist.
- The work of remembering that you exist must come before the choices or actions that we take in the futile effort to confirm an identity.

- Remember what is first. When we feel any disturbance, the first action is to remember the fact that we already exist, and therefore there is no need to create or protect an identity.
- We can be true human beings as long as we are not dependent upon conditions from which we derive an identity.
- It is useless to worry about what may or may not come to pass. The self that worries about a moment to come will not be there to act in the way that it imagines when the time comes. If we can be present, then we will know exactly what to do in any moment, no matter what may happen.
- The lower nature does whatever it can to avoid being revealed.
- The "I am that I am," which is "Real I," exists independent of conditions.
- It is not other people that drain us; it is the resistance to other people that drains us. Awareness saves and profitably uses the energy that is usually drained through resistance.
- Any genuine moment of beauty is the temporary transcendence of the illusion that the observer is separate from the observed. Identifying with thoughts about the beauty creates the illusion of separation.
- We must one day have attained so much knowledge that we finally see how useless that knowledge is. Knowledge has its place, but it is not the awakened state itself.