



SUNDAY, NOVEMBER 1, 2020

How to Take the Weight of the World Off Your Shoulders

Key Lesson: Here's exactly why we need a moment-to-moment awareness of our (own) thoughts and feelings, let alone what they may be telling us is true about ourselves, and our relationships in life: nothing comes "tomorrow" that isn't born in the Here and Now.

Special Writing: We have not been created to interpret the revelation of creation...let alone make ourselves captive of an unconscious nature whose identification with its own limited perception makes it, in turn, a prisoner of its own false conclusions. Rather, who we are in reality - our True Nature - is part of Great Creation itself...endowing us, by grace, to share in its Eternal Revelation.

Talk Takeaways

- We do not need new powers; what we need is to see where we are rendering ourselves powerless.
- Thoughts become dead weight when they outlive the time that they naturally appear in the moment.
- No thoughts of a personal nature that we pick up in the stream of time have any real value to who and what we really are.
- Tension is a natural part of creation that becomes something unnatural when it is resisted.

- That which is brand new in creation does not exist as a "self." What is new is a revelation of the marriage between what is higher and what is lower.
- Every time something happens that you don't want makes you the center of the universe.
- The consciousness that doesn't want the moment searches its own familiar content for an answer in order to know what needs to be done in order to fix it.
- The pain in an unwanted moment has nothing to do with what thought is pointing at. That level of consciousness refuses to see that it is powerless to change the condition that is being resisted.
- The level of consciousness that believes it has power also believes that it is God.
- Consciousness makes the world into a mirrored representation of itself. The inner determines the outer.
- There is nothing in creation that does not have its own time, including thought. Everything that exists is a part of something timeless.
- Anything that is carried over from the present moment is "dead on arrival."
- No thought that makes you feel bad is good for you, including thoughts about something bad you may have done in the past. Real remorse for a past action is independent of thought; the rest is just judgment.
- No thought that judges you or anyone else is there to help you. A judging thought is there to help itself feel superior to what it is judging.
- There is no practicality in any fearful or angry thought.

- Watch how thought is formed. If you are present, you will see thought come. Realize that it is a creation that has its place in the moment, but that it is not something that should be picked up and carried around without your conscious consent.
- Each thought appears with a temptation to identify with it and follow it.
- The spiritual life is deeper than any thought will ever comprehend. The more we realize that, the less likely we are to identify with punishing thoughts.
- The awareness of having been asleep is a revelation that is independent of thought.
- When you become a watcher of resistance, you can then see the harmful things that resistance brings into existence.
- There is no escaping thought; there is only SEEING what thought is and what it does.
- Creativity is a relationship with creation, and there is no self in a real moment of creativity. A "self" comes in later to take credit so that it can be seen as something special.
- The reason that we like being in the flow is because it takes no thought.
- You can't prepare yourself for what you don't want to happen without creating the very thing that you don't want to happen. There is practical preparation, but spiritual preparation is being present, which is not in time.