



SUNDAY, DECEMBER 20, 2020

Uncovering the Lost Keys to Unconditional Kindness

Key Lesson: Part 1: True compassion, unconditional kindness is our Divine, but largely unrealized capacity to "love our neighbor as our Self." These gifts of Grace are one and the same as (our) awakening to realize that, in reality, there is no separate self.

Part 2: Any painful compulsion to teach someone else his or her 'lesson in life' is the same as having refused to learn our own.

Talk Takeaways

- Special Writing: "Step Into the Invisible Garden of Life"
https://gfmisc.s3.amazonaws.com/20201220_specialwriting.pdf
- To "love thy neighbor as thyself" is impossible until we are conscious of ourselves.
- You cannot really love another human being and want something from them at the same time.
- The two principles of "love thy neighbor as thyself" and "the observer is the observed" are very closely related to each other, if not the same thing.
- No one that we know is the same person from moment to moment, including ourselves.
- Creation as it is revealed in passing time is a ceaseless flow.

- Not wanting someone to be the way they are is a form of violence. However, not being negative, not resisting another person, is not the same as condoning or tolerating wrong behavior.
- It is not possible to love and try to control another person at the same time.
- The original definition of the word "unkind" is close to the idea of "unnatural."
- The only time we are unkind is when we are sure that the other person is different from ourselves.
- Other people who irritate us are perceived as not being of the same "kind" as us -- i.e.: UN-KIND -- and therefore the resistance and judgment of them is justified. We judge other people because "they are not my kind."
- To judge yourself is to be unkind to yourself.
- Resistance proves some degree of similarity to the thing or person being resisted.
- We cannot hurt another human being without first hurting ourselves. It hurts to resist, and it hurts to be unkind.
- Unkindness doesn't exist without the illusion of being different from what we see. The problem rests in the consciousness that believes it is not the same kind.
- People around us are not the source of our suffering. When there is blame of other people, that consciousness essentially believes that they could be something other than they are in the moment that they act out their behavior.
- The only way to be truly kind is to be aware of the pain of being unkind. The light of that awareness is what makes the crooked places straight. Be kind in spite of the unkindness.

- Peace belongs to a consciousness that understands what it means to love thy neighbor as thyself. Peace exists already, because in reality the observer is -- and always has been -- the observed.
- To be kind doesn't mean to pretend to be kind; that pretense is unkindness. True kindness is to die to the part of you that wants to act out of unkindness.
- There is no love in thinking about what love is.