



SUNDAY, JANUARY 17, 2021

## How to “Cancel” the Obsessive-Compulsive Self

Key Lesson: Part 1: There is only one path that leads to a relationship with what is holy, and therefore to a Life (that is) already complete, and that is to see without flinching - and finally without regret - the following truth. All of the eye-catching paths we first imagine, and then rush to take - seeing them as leading us to a peace ever just out of reach - always end right where they began: in a too-familiar sense of emptiness that then imagines, once again, what's needed to fulfill its endless desire to make itself whole.

Part 2: Sometimes the touch of Grace is light; at other times, it can feel heavy, if not impossible to bear; yet its measured weight is always just right for those who are willing to wait, quietly, to realize the truths revealed (about themselves) with each Divine touch.

### Talk Takeaways

- We are currently identified with an unconscious nature that is incapable of knowing anything real and permanent.
- We cannot be at peace with anything as long as we are identified with what we believe peace is.
- Our minds are always trying to take what we think is good and make it last forever. This level of mind makes an enemy out of anything in life that runs counter to what it calls good.

- A temporary sense of self does not register with us until it is triggered by an event that seems to be outside of us. Then that sense of self blames the event for how it feels.
- Our experience of unwanted events is inseparable from our reactions to them.
- What bothers us is not the unwanted moment itself. What bothers us is our mind's interpretation of the event.
- The "Me of the Moment" (MOTM) is created by identifying with a reaction to an event. That "self" that is stirred to the surface by the event is not aware of the "self" that was there the moment before.
- In a flash we can go from a "me of the moment" that is content with the present moment to a discontented "me of the moment" that is worried about the future.
- True knowledge is intended to be used to rise above our present level of understanding.
- If we are grounded in what is real we cannot be carried away.
- We cannot stop negative reactions from appearing. But they become a "me of the moment" when we identify with the reactions and allow them to carry on living beyond their natural appearance.
- Becoming conscious of the "me of the moment" is the solution to that level of consciousness taking command and causing harm.
- Any temporary "me of the moment" must have an authority outside of itself in order to be for or against it.
- There is no such thing as a "me" that is outside of the moment that can be threatened by the moment. Real 'I' is the full awareness that the moment IS me.
- The only thing that gets overwhelmed is the "me of the moment" that thinks it should understand everything with thought.

- The only reason the "me of the moment" keeps going is because we keep giving it our attention.
- The lesson is always in what we see, not in what the mind tells us we have seen.