



SUNDAY, JANUARY 24, 2021

31 Keys to Change Your Destiny

Key Lesson: Just as those who climb mountains must, at times, reach above themselves to gain a grip on a narrow ledge, we too must dare to go beyond ourselves if we wish to reach, let alone change our destiny. To that end, we must never forget the following truth: There's no danger in self-ascent, only in remaining who we have been.

Talk Takeaways

- To realize the truth of something means that there is a corresponding part of ourselves that resonates with it. Until we see the truth of something about ourselves, we are not going to change.
- Before we can change our destiny, we must wake up to the commands that are being given to us by a lower nature, sending us in circles. That lower nature loves to be in command and actually loves to be negative, and it aims to continue its life at the cost of our possibilities.
- There is no end to conflict in a time to come. There is no end to being anxious or negative at a later time. There is no such thing as "later" in reality.
- There can be no peace in the world until individuals realize that peace comes only with a new mind, a new consciousness.
- In order for us to have new eyes, we need to have a new understanding.

- The moment that we identify with a reaction, the only choice we have is to follow the old familiar path that the reaction leads us down, which drops us off at the same old familiar destination.
- Seeing yourself about to do the same old thing again is the beginning of changing your destiny in a higher direction. The task is to see what is interfering with your God-given destiny.
- See that there is something in us that is afraid to not be and do the same things again and again and again. This will change you because you will see that the fear is not you.
- The power of being present is to understand that we are not in this life to answer our own mind's questions about why we are in pain. It is not our job to answer that pain. Our job is to be present enough to see that we can't answer it.
- Do you want to be right, or do you want to be free? If you want to be free, change your destiny in the moment by seeing that the struggle to be right will send you around the same old circle, going over familiar pains.
- Time is the creation of a consciousness that is always looking for a time to come when it will change.
- The idea of becoming something is an illusion. The reality is that our possibility is to reconnect with a higher part of us that already exists. There is nothing to do, only something to see.
- We don't normally see that there is tremendous pain in imagining a better tomorrow.
- The only thing that troubles us about any other person is what we want from them.
- Emptiness is an illusion that is painful to the self that only knows itself by trying to fill itself. What we call "emptiness" is a lower level

of consciousness not wanting to feel empty. Notice the feeling of emptiness instead of what it is pointing to.

- Take what the moment is offering to you, not what you are trying to take from the moment.
- The more deeply we can see, the more we are free from the nature that is afraid of what is being revealed.