



SUNDAY, FEBRUARY 7, 2021

## Transform "Oh No!" into "Ah Ha!" with One Small Change of Mind

Key Lesson: A quiet mind is one that literally lives in a different world than does the mind that talks to itself.

### Talk Takeaways

- The thing that our heart is searching for is not of this world, which means that the false self cannot find it by identifying with changing conditions.
- "In time all things are seeking completion. In the Now all things are complete." -- Maurice Nicoll
- What is timeless is already here, we just don't usually see it. Our highest destiny awaits us above us, and what is above is also what is within.
- We are presently living from a level of mind that can only see what it wants in a time to come.
- When you change the way you see the world, the world you see changes.
- Spiritual development is not a progression of knowledge. It is a leap from one order of understanding into another.
- An "ah ha" moment is suddenly seeing something that was here all along. "Always Here. Here Always," or the acronym: "AH HA." An "ah

ha" moment is the revelation of another order of ourselves in the Now.

- A true "ah ha" moment is the revelation of what IS, which means that it isn't just the revelation of what we call good. There can be no "ah ha" moment of revelation as long as there is resistance to what is being revealed. Resistance is what leads to "Oh no!"
- When you become aware of the conditioned mind, you no longer serve it. Be aware of the consciousness instead of the blind instrument of it.
- We are never outside of where the timelessness of who we really are already exists.
- Feel your existence. Don't think about it. Be it. That awareness of your own existence feels everything that comes into it.
- The thought that describes revelation is not the same as the awareness of the flash of revelation in the Now.
- Every thought deceives us unless we are aware of them and using them practically. Thought promises perfection, but delivers conflict.
- The revelation of pain is part of the perfection of the moment because the revelation includes the reconciliation.
- We can't be in conflict with someone without carrying a conclusion about how that person is supposed to be.
- What is imperfect comes into a relationship with what can perfect it when there is awareness of the imperfection.
- Be aware of the consciousness that is always trying to DO something about what is revealed, and then you will realize that there is nothing that YOU need to do towards what you see about yourself.