



WEDNESDAY, FEBRUARY 10, 2021

Welcome This True View And Awaken a Whole New You

Key Lesson: Our love for what is Right, Bright and True, is meant in part to be purified by our willingness to walk into the indwelling light of a perfectly truthful awareness. The other half of this process requires our willingness to walk away from any part of us that we can see — by this same light — is untrue . . . as in any familiar, thought or feeling, whose promise of better days to come, actually, imprisons us in the very time we hoped to escape.

Talk Takeaways

- Special Writing: The Divine Concert
https://gfmisc.s3.amazonaws.com/20210210_specialwriting.pdf
- Before we can change the world that we see, we're going to have to change the way we see the world..
- We usually see the world around us through the ideas that we have about it. The mind is mechanically habituated to see everything as being apart from itself.
- The mind is always fixed on something that it believes is separate from itself, but in reality nothing is fixed.
- Nothing that we see exists apart from the whole of creation. The observer and the observed are not apart from one another the way that our present mind sees it.

- Our perception of life puts us into an endless struggle against what is perceived to be outside of us..
- Every true teacher throughout history has emphasized that our present level of consciousness is caught up in an illusion of its own making. This is why true teachers say "watch, be awake, wake up."
- A false sense of self is derived when the mind identifies with something perceived as being outside of itself.
- Real spiritual work is not about the addition of anything. If we had to say what spiritual work is about, we could say that it is a dismantling.
- What makes up any event in our life? Most events are our experience of the moment that we meet from a state of mind that sees everything in terms of "like, not like," or "want, not want."
- The events in our lives are determined by what we give our attention to. Our experience of the moment is our reaction to it, positive or negative, and the reaction is limited to its own small and familiar view of the moment. Identification with the reaction produces a distinct sense of self.
- To have a new view, you have to want to be able to see and feel a relationship with life that is not familiar. Understand the tendency of your own mind to identify with every reaction so that the self can experience that familiar sense of itself.
- Our true place is to let the waves of reactions roll in and roll out, which requires seeing those reactions. If we don't see the reactions, we become a participant in their incomplete story. Reactions are just one small part of the whole.
- Don't stop thoughts. Don't stop reactions. That is not the task. The attempt to stop thoughts and reactions is identification, which blocks a clear view of the moment.
- Being truly "centered" is the disappearance of a self that wants to be centered. An attempt to produce a spiritual result separates us from the very thing we are seeking.
- Everything that the mind does to try to free itself turns into a prison, because the mind's activity is the very source of the captivity.

- Something in our consciousness wants to stop the moment so that it can recognize itself in what it is perceiving.
- A spiritual practice is intended to serve as a way to revelation, not to produce a self that is an expert at the practice.
- The part of us that identifies with a reaction cannot have awareness of it.