



WEDNESDAY, MAY 12, 2021

The 7 Elements of Enlightenment

Key Lesson: Just as all the qualities of the ocean can be found in a single drop of its water, so do all the infinite expressions of consciousness – high and low, light and dark – dwell within our True Self: each and all... a drop of the Divine.

Talk Takeaways

- Peace is not something that comes later. Peace is not something that we create. Peace already exists in the middle of a storm.
- We are intended to be living instruments of peace and kindness.
- Enlightenment is not a static condition.
- If you do not see the whole, then you are not a whole human being.
- Everyday is spent doing what you love, whether it is spent pursuing something you want or avoiding something you don't want.
- Just like a tasty dish from the kitchen, nothing can be any better than what you put into it.
- To have a relationship with the Divine, you have to die to the world, die to the appetites of the flesh, and die to the consciousness that tries to fill itself by seeking pleasures.
- You cannot "know" what life is about. You can only BE in life, which is what enlightenment is.

- The first element of enlightenment is divine discontentment. Divine discontentment is the light that dwells in the darkness that the darkness knows nothing about.
- Exercise: Ask the question... has whatever I'm about to do ever brought an end to the compulsion to do it? See that something is pushing you.
- Inwardly we are created to know what love is and be loving human beings.
- Within the fullness of mutual dependence, there is true independence.
- Not one thing in the universe can be aware of itself by itself.
- The second element of enlightenment is metanoia, which is connected to change of mind and turning around to see the world that is unfolding in you. Look within without looking away.
- Exercise: In the moment of a disturbance, the first direction to give my attention is inward.
- The third element of enlightenment is watchfulness. Observing. Being the witness. Watchfulness is seeing your own blindness.
- Exercise: Let me always work to observe the nature that has reacted instead of unconsciously identifying with what it is reacting to.
- The fourth element of enlightenment is honesty.
- Exercise: Understand that revelation is inseparable from liberation.
- The real lessons are in the moments that release us from illusion.