



SUNDAY, MAY 16, 2021

The 7 Elements of Enlightenment - Part 2

Key Lesson: Enlightenment is not an "achievement" because part of its realization is there's no one there to claim it...any more than one can "own" sunlight. (It is) a level of being that sees, effortlessly, the following truth: Real Life is secretly a single, beautiful movement incapable of contradicting itself. The more we're able to realize and embrace this awareness, the greater becomes our willingness to let go and enter - consciously - the Divine flow hidden within even our most unwanted moments.

Talk Takeaways

- Writing: *7 Elements of Enlightenment: Summary of First Four Exercises*
https://gfmisc.s3.amazonaws.com/20210516_specialwriting.pdf
- Wallpaper: https://gfmisc.s3.amazonaws.com/20210516_wallpaper.jpg
- Very little is understood about the nature of what is called "enlightenment." It is a level of consciousness in which the person understands, without needing thought, that everything they need is already provided.
- No person is enlightened. Instead, there is a relationship with that which allows the human being to be enlightened. There cannot be a relationship with enlightenment through thinking.
- Divine discontentment is connected to the recognition that we have not been able to find what we are looking for in the world.

- To repent, the concept of "metanoia," is originally connected to change of mind, to turning around and placing your attention inwardly in the moment of any disturbance.
- Become aware of the nature that is reacting instead of being identified with the object of the reaction.
- Honesty includes the awareness of the temptation to be dishonest. Honesty is simply the pure revelation of yourself, seeing the fact of yourself.
- The same mind that tempts you into doing something then berates you for taking that action.
- The fifth element of enlightenment is humility.
- Everything that is true must be united in you, but everything that is true can't be united BY you.
- When you see the whole you begin to be freed from the illusion of what you imagined yourself to be.
- Pride is inseparable from identification. Pride is the self-created pit into which we fall whenever our false identity (what we are identified with) is disturbed. False pride is attributing a quality to yourself that was actually given to you.
- Anytime you find yourself in a negative state, the reason you feel that strong is because of a deceitful level of self.
- The sixth element of enlightenment is faith. Faith is the awakened understanding of levels and scale, the capacity to see what is above and what is below, together at the same time, and that it all works together for the good. It is the revelation, without taking thought, of what is heavenly, above and within what is earthly in time.
- We are never not in a relationship with life that is intended to act upon the soul for a transformation.
- Our responsibility is to be present, to see and welcome that which we are most afraid of.

- Before any true action must come understanding.
- Rely on the revelation of the moment to show you the good in the moment.
- The seventh element of enlightenment is surrender. In the moment of disturbance, surrender is an active awareness and letting go of the familiar, habitual reaction. Surrender is to accept revelation. Not my will but Thy will be done.
- Everything visible that comes into this world of passing time comes from an invisible and timeless source.
- Becoming a new person moment to moment to moment is enlightenment.
- Every disappointment is an unseen deliverance from yourself.