



SUNDAY, JUNE 13, 2021

Transform “Dark” Thoughts into Self-Healing Discoveries

Key Lesson: Part 1: You can’t be “no one.” The choice is be someone defined and confined by the limitation of thought, or to be (the) One who sees and realizes – without having to think about it – that (the) True Self is indefinable.

Part 2: Awakening to the truth of Self starts with this understanding, and then daring to act on it: it’s impossible to talk to yourself...and be true to your Self at the same time.

Talk Takeaways

- There is nothing more useless than looking outside of yourself to fix a pain that is not outside of you.
- All psychological suffering comes out of an identification with a problem outside of yourself that a part of you is trying to resolve.
- Real peace cannot be disturbed.
- Without disturbances there would be no consciousness of the world around us. But the natural and inevitable disturbances that we are talking about are not meant to become problems.
- Whoever dies to the fight or flight consciousness will gain real life.

- After every disturbance comes thoughts and feelings that appear as counselors.
- The so-called "event outside of us" that we react to is actually the mind's own interpretation of the moment.
- The mind that drags you into an unwanted event is the same mind that promises to save you from the event.
- Our explanation for what has disturbed us is the same as our limitation in that moment. The explanation calls itself the path to freedom. Instead, each explanation is another bar of the mind's self-made prison.
- Prosperity is the same as peace, which is a state of being, not an accomplishment.
- Judgment is an identity that is threatened by an opposing identity.
- Instead of identifying with a reaction, become aware of the consciousness that produced the reaction. Only the awareness of that consciousness will put it in its right place.
- What we call our peace is a lie. What we call our peace is really the avoidance of disturbance and the pursuit of comfort.
- Seeing the thinker unaware of itself is what changes our relationship to it.
- What we call a plan to protect ourselves is really resistance to a perceived threat.
- The answer to all of our questions is built into the awareness of the moment. The mind may not like the answer, but the answer is there.