



WEDNESDAY, JUNE 16, 2021

Stop Being Part of the “Crowd” and Start Being the Individual You’re Created to Be!

Key Lesson: One sign of true spiritual success is when, at long last, we realize not only are we (always) standing in the right place for us to be in that moment but – even more telling is this: regardless how that moment unfolds...there is no one else on earth we would rather be!

Talk Takeaways

- Letting go has nothing to do with anything that the mind names outside of itself that it says should be dropped. Letting go happens naturally with awareness of the consciousness that names and defines conditions outside of us.
- Is it possible to never again want to be anyone other than who you are? Yes, when you see clearly that no other person on Earth can be anything more than you are created to be.
- If there is only one heart, one mind, and one life, then there is also only one essential pain, one suffering, and one fear. If this is true, then why do we look out at other people and blame them for our pain?
- As paradoxical as it may sound, a true individual does not see him or herself as separate from others. Individual means undivided.

- We resist anything that threatens an image we have of ourselves, and the resistance takes the form of a negative reaction.
- A true individual does not need an image of him or herself, nor an identity.
- An image of who we think we have to become is a heavy weight, a burden.
- The only self that is ever in danger is an imagined self.
- The extent of our suffering seems to prove the extent to which we are a unique individual. The only thing that unnecessary suffering proves is that the consciousness that is in pain is divided.
- Within us we are crowded with images and their corresponding identities.
- You are really going your own way when you don't have a way, when you no longer have to think about how to be an individual.
- True individuals are not unconsciously moved by thought. Individuals see thoughts and reactions, and can then decide whether or not to act.
- In a moment of disturbance, the genuine individual within you cannot be shaken negatively by that moment.
- The task is not to defend our identity. The task is to be aware of that identity when it is stirred by the moment.
- True individuality is neither for nor against anything. "He make-eth the sun to shine upon good and evil alike."
- The individuality that we are talking about allows reactions to appear, but is not defined by those reactions. The more you see about yourself, the less you are captured by what you see.
- The act of not wanting to be the way you are is identification with the consciousness that believes it must be a certain way.
- Be in the moment without needing to have an immediate answer for what is taking place.