



FRIDAY, JUNE 18, 2021

How to Never Feel Helpless or Hopeless Again

Key Lesson: The fear of -- and unconscious resistance to -- seeing the depth and breadth of one's own weakness is not the same as realizing one's actual state of (spiritual) helplessness in that same moment. In more ways than will ever be spoken the consciousness of "helplessness" is next to Godliness...whereas fear is the helplessness feared.

Special Key Lesson: Resistance, revelation, and transformation: all are mutually dependent. Which means...not one of these states of consciousness exists without all of the others.

Special Writing: "The Secret of Letting Go"

https://gfmisc.s3.amazonaws.com/20210618_specialwriting.pdf

Talk Takeaways

- We are created as beings to fulfill a very specific place in the whole of creation. Everything is ceaselessly being created, and we are made to play an integral role in that creation.
- That which is ceaselessly being created is ceaselessly being reborn, and our life is meant to be a part of that rebirth.

- The idea of helplessness is despised by all of us. In fact, up until now most of our lives have been spent trying to prove that we are not helpless.
- The identity derived from trying to prove that you are someone special is the source of unnecessary psychological pain.
- The reason we have conflict in any moment is because the moment isn't unfolding the way we've imagined it should be.
- We are asleep to the fact that in our consciousness there is a host of energetic thoughts, feelings, and memories that go with us everywhere.
- You can't have an image of yourself without a corresponding identity that is derived from it.
- The resentful self that is in conflict does not exist without that which it is against. That consciousness, that self, lives in a state of waiting for something to trigger it.
- The consciousness that is at war with itself creates a world in its own image.
- The act of not wanting something in any given moment does not exist without the part of us, the self, that doesn't want it. The problem and the self are one and the same level of consciousness.
- Anything that you resist... persists.
- Everything that is created seeks to be completed. But nothing can complete itself by itself, human beings being the only creations that believe they can complete themselves by themselves.
- The pain of resistance brings about the possibility of awareness of the consciousness going through that.
- Thought believes that it is different from what it thinks about.
- The consciousness that is in conflict IS the conflict that it feels. Resistance to the disturbance is the disturbance.

- Resistance, revelation, and transformation: all are mutually dependent. Which means... not one of these states of consciousness exists without all of the others.
- Instead of trying to prove yourself, observe yourself.
- There is no destination to reach nor something to achieve. We're waking up to the illusion that there is distance between us and the Divine.