



WEDNESDAY, JUNE 23, 2021

5 Simple Words to Help You Remember and Realize Your True Self

Key Lesson: One sure sign an aspirant has entered upon the true upper path - and now stands on the threshold between the Kingdom of Heaven and (this) earth - is as follows: He or she longs more for the whole experience of Life more than they want - and keep running after - the sensations born of ceaseless separate life experiences.

Special Writing: "The Bondage of Forgetfulness"

https://gfmisc.s3.amazonaws.com/20210623_specialwriting.pdf

Talk Takeaways

- Sanity is a state of mind and of being that is at peace.
- The great task for all spiritual aspirants is to be completely what you are as you are being completed.
- The whole of life cannot be separated from that which is giving life.
- The original meaning of the idea of "sin" was connected to "missing the mark."
- Thinking about tomorrow's plans to find peace and fulfillment is today's torment.

- You are not the familiar, painful negative states that you often find yourself identified with. Those states are within, but they are not the entirety of you. Inwardly you can recognize: "I am not just that." "I am not only that."
- In the moment of every disturbance, a desire appears to offer what we need to do in order to regain balance.
- All of our suffering as human beings is due to not fulfilling the purpose of our existence, which is to be simultaneously aware of all that is moving out and all that is moving in, aware of all that is pushing us down and all that is pulling us up.
- Identification is a closed system, and no closed system can evolve.
- The feeling of not wanting a condition seems to be separate from the condition that is not wanted.
- Tomorrow does not exist without the unwanted moment that is being resisted.
- When a negative thought or feeling appears, become aware of the painful feeling and remember that it is not your identity. Be aware that "I am not just that," but stop there: don't go into imagination of what you are, because that is just another temporary identity.
- The journey home is always taking place, and remembrance of it is always possible.
- Wanting and not wanting is a merry-go-round of identities in which our sense of self is forever appearing and disappearing.
- Problems exist because there is something in us that insists it is separate from what it is trying to deal with. We are not separate from what is being judged.
- No other person can explain your pain to you. Your own mind can't even explain it. The pain is not meant to be explained by the consciousness that resists it.

- Stop trying to become someone. Instead, attend to the business of being what you already are, aware of it all.
- Stop trying to be awakened. Instead start seeing where it is that you are asleep. Die to the illusion that you can transcend yourself by yourself.