



SUNDAY, OCTOBER 24, 2021

## 5 Ways to Stay Forever Young at Heart

Key Lesson: Just as a river is refreshed - each moment - by the small creeks and streams that pour their waters into it, so are we meant to be renewed by the passage of Real Life as it pours into us, revealing all that it does...within us. Of course, this ever-green relationship assumes one thing: that we remain open enough - each moment - to receive this flow of vital impressions, and share in their ageless expression.

### Talk Takeaways

- When you see, you don't have to think.
- Ageless beauty is within the observer who is looking at it. In our consciousness already lives what is ageless.
- Any true teaching is dedicated to awakening the part of us that can observe and witness what is.
- Part of what we like about children is their capacity to take in impressions and their willingness to explore the world they are in.
- All qualities and characters are already within us, just waiting to be stirred into awareness by what corresponds with those qualities in the physical world.
- Real curiosity is the sudden impression that there is something deeper to be explored.

- Apprehension is a reaction that doesn't want to go through an experience again due to resistance to what is revealed.
- We can't REALLY not want a moment because the moment has never been here before. Rather, there is a consciousness that resists it's own perception of the moment, thus creating the experience of what we call "not wanting" the moment.
- The moment is always new, and the revelation of the moment is always new.
- We are fed by new impressions, which means that resistance to new impressions is the beginning of death.
- An epiphany is a momentary awareness that what you see outside of yourself, and your experience of it, are not separate, that the observer and the observed are one thing.
- Avoid nothing. Stop all seeking. See it all. Accept all you see without judgment. Start again.
- Don't allow your mind to tell you what you need when you don't get what you want.
- Rejection of revelation is the rejection of rebirth, pure and simple.
- Spiritual impressions are always perfectly digestible, but sometimes hard to swallow.
- Impressions are illuminations. Illuminations are education of the soul. Illuminations stir the consciousness, and in that stirring an education is given that can be given in no other way. In an illumination is the integration between Heaven and Earth.
- There is no psychological fear without negative imagination.
- Everything takes care of itself when you are out of the way.
- What you think is your strength is your weakness. Resistance is weakness when it is not reconciled as it is intended to be.