



SUNDAY, JANUARY 2, 2022

Everything is Made New As You Are

Key Lesson: Much as beauty is in the eye of the beholder, so it holds true: our experience of any given moment - for its light or darkness - its joy or sorrow - is cast in the image of the consciousness momentarily awakened to reflect upon itself.

Talk Takeaways

- Anything you imagine can't be new because it comes from thought, and all thought comes from the content of the past.
- There can be no new experience of the moment without being in a new relationship to that moment. Experience is relationship.
- You can't change your relationship with the moment until you see the nature that is producing the experience of the moment.
- The more we try to change or control people and problems, the more we become a captive of what we're trying to free ourselves from.
- We can never be free of what we don't want because it's our consciousness that goes before us to create what we don't want.
- "Wanting" and "not wanting" are a pair of unseen terrible twins.

- Judgment is a constant companion that comes from an order of mind that only knows to agree or disagree with what crosses through it.
- As we begin to see the way we think we have the possibility of being in new relationship with our thoughts.
- There is a third option way above "wanting" and "not wanting" - we must see how attached we are to unseen beliefs and images, and then instead of imagining what will free us we must become aware of the oblivious level of consciousness that has imagined what we don't want to begin with.
- Our identity is formulated instantly by an involuntary reaction of some memory from our past, which then describes to us from thought the reason why it is real 'now' and what we must do to change the reality that this memory is challenged by.
- Negative thoughts and feelings produce the illusion of life while they simultaneously steal it from us.
- It seems natural to us to resist life as it is instead of receiving it as a gift that shows us an old consciousness that goes before us to create our experience of life.
- We are passive to a memory-based consciousness that tells us what the moment means and what needs to be done about it.
- Exercise: Can I see that something in me brings up a memory via an expectation or demand, and then when life doesn't do what it says it should do, I suffer its pain. Choose to enter into a new kind of struggle to not listen to memory: "Forget about it!" I won't be held captive of that old consciousness anymore.
- Awareness of any moment includes awareness of the consciousness producing that moment.
- Real happiness, love, joy, and compassion are qualities created in the moment that we are intended to be the witness of and then give back freely.

- We want what we want because we think it will provide security, not knowing it's the source of our insecurity.
- We believe that life owes us something, which can only come from memory. I'm not owed anything because I'm always being given everything I need to change.