



WEDNESDAY, JANUARY 12, 2022

## **What to Do When Your Whole World Turns Upside Down**

Key Lesson: Falling into fear or doubt when caught in the gravity of a painful moment does not prove the world has suddenly turned upside-down. This kind of suffering appears, as it does, for one reason, and one reason only: to help us see that what's upside-down is our priorities. To realize this as true is the first - and prerequisite - step for anyone wishing to turn their life around, and enter into a New, Truer Arrangement with Life.

### **Talk Takeaways**

- The human being is the source of every mystery there is, and the human being also holds the answer to every one of those mysteries.
- The mystery of our relationship with God is not solvable by thought.
- Wars begin with individuals having lost sight of the source of conflict residing within themselves.
- It is upside-down to believe that the source of your experience is caused by something outside of yourself.
- It is the clarity with which we perceive the world that determines the clarity of our actions.

- It is upside-down to perceive that what is taking place outside of us is separate from the consciousness that is experiencing what is happening.
- We are here on this Earth to serve the world, not to have the world serve us.
- Psychological fear does not exist in the present moment. Fear appears downstream from the event, connected to thinking and reacting to the event.
- The act of psychologically defending ourselves is upside-down.
- The root of ambition is the belief that we can do something to bring an end to anything that might disturb us. The genuine love of excellence does not include the wish to escape from disturbances.
- When you really see something, the action that should be taken is inherent in the seeing. The seeing, not the thinking, is the true guide.
- To be upside-down means that our attention has been turned outward, so that events and circumstances are perceived to be the reason for our experience of life, and therefore the outer is what must be fixed before we can rest.
- The willingness to be aware of what is upside-down is how everything becomes right.
- It is upside-down to believe that real life should never have any disturbances.
- Instead of thinking about what you need to do to be perfectly spiritual, agree to see what you are given to see in the present moment.