



SUNDAY, JANUARY 23, 2022

Sit Back, Relax, and Share in the Power of the Presence Moment

Key Lesson: Our true purpose in life has nothing whatsoever to do with anything that can be imagined, let alone anxiously pursued.

Talk Takeaways

- We don't know what it means to be effortlessly here (in the present moment).
- The mind is disconnected from the body whenever we do something that we later wish we hadn't done.
- Nothing good can happen if the mind is disconnected from the body. The mind is unconscious to what it does to the body in its pursuits.
- Something always goes ahead of us trying to figure out what it should do with what disturbs it.
- What our senses report to us does not need interpretation. But the mind interprets everything that the senses report.
- Typically we turn to thought whenever we encounter something that disturbs us. But there is something that we can turn to that which is greater, more practical and more patient than thought.

- Fear, anxiety and anger comes from a mind that looks outside of itself and tries to figure out what it must do about the fear, anxiety and anger that it is experiencing as a result of its own interpretation of what it sees.
- The ambition of "getting ahead in life" is an illusion, imagination of a time to come. Trying to get ahead creates separation and conflict. Someone trying to get ahead is really trying to get ahead of his or her own sleeping consciousness and pain.
- The sleeping consciousness is always sending you out on a mission to find freedom from disturbance.
- The arrival at an imagined time to come never delivers us from the compulsion to imagine another time to come.
- Wanting and not-wanting does not exist without the temporary sense of self that goes along with it.
- Every creation is being ceaselessly acted upon and being changed according to its possibilities.
- Thinking about right and wrong is the source of conflict.
- "I am" must come before "I want." "I am" must come before "I act." Change the order, for I must know the nature of the 'actor' before I take on its part.
- Addiction, compulsion, ambition, etc. are instances of the mind attempting to escape itself, which it cannot do.
- The mind believes it must think about tomorrow in order to keep the so-called peace and security that it has today.
- Put your wish to understand the desire, being present to it when it is there, ahead of wanting the object of that desire, which you already know will not satisfy.
- What you want has never been what you need to be free.

- Everything we need to succeed with our inner work comes with being present to the consciousness that dreams of a time to come.
- You can't hurt another person without having first hurt yourself.