



WEDNESDAY, JANUARY 26, 2022

Open Your Eyes and Welcome the Light of Self-Healing

Key Lesson: The more that we say, "later" - postponing the inner work of illuminating any painful disturbance within us - the greater grows the illusion that it's profitable to delay bringing what lives in the dark of us into the Light of Higher Self-Awareness.

Talk Takeaways

- There is a ceaseless exchange between what is celestial and what is common, and to be where that exchange takes place is everything.
- Human beings are always running and pushing so that they can get everything they need in order to rest. That day will never come for that divided consciousness.
- Your humiliation is your salvation. "Humility" may be the least loved word in the world today.
- Self-honesty is the seed of humility. There is no letting go without humility.
- There is no such thing as a bad fact about yourself. The only thing that makes it seem like there is something in us that is irredeemable is resistance to the revelation of the fact.

- The body heals itself thanks to an intelligence that knows what to do about an imbalance. We simply cooperate with the healing process.
- As soon as we're aware of something that hurts us and take a proper action (or inaction) towards it, healing begins.
- When we stop participating in any process that creates pain, physical or psychological, then healing can begin.
- There is no healing without self-honesty. All true spiritual healing is rooted in self-honesty. If we are not healing, then we are participating unconsciously with a deception.
- To pretend to be something you are not is an act of dishonesty.
- More often than not, unwanted moments produce a reaction of self-preservation.
- As soon as we see anything about ourselves that we don't want to see, a part of us immediately sweeps it away.
- "I should not be like that" or "I am not supposed to have thoughts like that" are judgments that come after something unwanted is revealed.
- Not wanting to see what lives in you means that what lives in you will continue living as it has.
- How could there be things about yourself that you don't want to know about?
- Real self-healing begins with true self-seeing.
- No human being has the power that they try to convince other people they have.
- Honesty is the healing policy. Don't avoid or justify the revelation of any unwanted character in yourself. Instead, add light to it. When you see anything about yourself, leave it alone. Don't let your mind convince you that you must think about and meddle with what has been revealed. Leave the initial revelation as it is.

- What is in our consciousness has been created to be there in order to be revealed and transformed.
- Some questions that we ask, that we think are sincere, are the avoidance of revelation.
- Wanting to be confirmed and approved of by another human being is an act of dishonesty.