



WEDNESDAY, FEBRUARY 16, 2022

## How to Always Be at Peace with Yourself

Key Lesson: The nature of what the Divine “notices” about us is completely different than the nature of what we do to get noticed.

### Talk Takeaways

- The world's definition of peace is a state in which there is nothing interfering with what we want.
- One reason that we are drawn to nature is that everything in nature is in balance, everything is in its place as it should be.
- What you see as being out of place is not the problem. What is out of place is the level of consciousness itself that sees everything outside of itself as being out of place.
- The pervasive feeling that something is missing sends us out to find something to fill that empty space. Add something, do something, or fix something.
- Adequate means "equal to the task needed." A person who is adequate to the moment is part of the balance of the moment.
- For us now, to become adequate to the moment means, in part, that we must get the approval of other people.

- The purpose of life for most people is to become someone other than who they already are.
- Any person who is trying to become something other than who they already are is by default a desperate person.
- We can't have a constant sense that something is out of place without there being a part of us that thinks it knows how things should be.
- You can't live with fear and know peace. We don't know that we live with fear because fear hides itself, as when it sends us out to find what seems to be missing.
- The feeling that we are not already whole is an assumption. But remember that genuine wholeness is not a static state that we need to try to reach in order to feel adequate. To be a whole human being is to be in a ceaseless process of being made whole in each moment.
- The root of any painful sense of being inadequate is hidden in some form of unconscious comparison.
- In reality it is impossible to be inadequate because revelation is always possible. The entire dynamic of feeling inadequate takes place in imagination, not reality.
- The real work is to become aware of the struggle of trying to fix an imagined inadequacy. Awareness of the struggle is exiting from the struggle.