



SUNDAY, FEBRUARY 20, 2022

The One Perfect Answer to Every Painful Disturbance

Key Lesson: Before we can see that "love is the answer" we must learn to be present to - aware of - and above all else willing to go to the heart of the one question that life never stops asking us in 10,000 ways, each and every day.

Talk Takeaways

- The truest answer to any question that life asks is not an intellectual answer.
- Every discovery we make in the world around us is really a discovery of the world within us.
- We are drawn to nature because the qualities in nature are first and foremost already existing within consciousness. Everything nature will ever show us is already a part of our True Self.
- A young mind begins as a questioning mind, but then through years of comparison, imitation, conditioning and indoctrination, it becomes a knowing mind. When the pain of knowing becomes apparent, the spiritual aspirant, like the Prodigal, begins to question once again.
- Spiritually and psychologically speaking, the mind that asks "Why?" does so on the heels of a negative reaction to what it doesn't want.

- Reactions come pre-loaded with the reasons why the reactions appear.
- If we have to ask the same questions over and over again, then we must not have the true answer. Our best answers bring us back to the same questions, making a giant circle that can consume years of our lives.
- The answers that come attached to a reaction promise to put an end to the pain of not knowing what to do about what is being blamed for the painful reaction.
- We have been conditioned to believe that we have to answer threats, instead of seeing that the threat needs something that feels threatened in order to even exist.
- The observer and the observed are not separate, but the mind inserts distance between observer and observed whenever it wrestles with what it perceives.
- The desire to be free appears when there is a disturbance that seems to threaten our image of freedom.
- Disturbance is inherent in creation itself, and is an essential component of revelation.
- Responsibility is being aware of mechanical reactions so that those reactions don't end up being the answer to every question that pops up.
- Real answers must come from above the level of consciousness that believes that what it sees is outside of itself, and that therefore it must act upon what it sees.
- The completion of the moment is the answer that Life is asking us for. It is asking us to allow for the reconciliation of all that is being revealed outside and inside at the same time.
- The Divine is not asking us to DO something, it is asking us to BE something so that something new can take place. Freedom is synonymous with being.

- The complete revelation of yourself in the moment is the answer to the moment. Then you're not separate from the moment. Then the answer is lived, not known by the mind.
- Awareness does not exclude thought -- or anything else -- but it does put thought in its proper place.