



WEDNESDAY, MARCH 2, 2022

## **Release Yourself from the Circle of Stress, Fear, and Sorrow**

Key Lesson: Peace is not the opposite of conflict; it is the absence of it.

### **Talk Takeaways**

- What is eternal and timeless exists even within the seemingly mundane.
- Energy that is not squandered can be used to find the truth that from lower consciousness is hidden, but yet that is found in the center of all things.
- The stage of life where you are now is just as necessary as every other stage that comes before or after.
- The kind of freedom that is connected to becoming something is the same as being a captive of the conditions that allow for the temporary existence of that level of freedom.
- Promises are temptations to identify with a level of self that depends on outer conditions for a sense of freedom. The nature that promises freedom cannot free itself.
- Our task on the path is not to make something of ourselves, but to see the self that wants to make something of itself. Only then can something higher make you into something according to its Will.

- A description of a moment is not what a moment actually is. Not only that, but the describer itself has an agenda that is not for the good of all.
- The consciousness that believes it knows is in conflict with awareness that reveals consciousness for what it is. That consciousness feels threatened by reality.
- Trying to be free is captivity. Trying to let go is holding on. Trying to surrender is fighting.
- Engaging in an interior dialog is the avoidance of silence.
- Anything that you avoid is really the avoidance of the experience of yourself. Avoidance is the voiding of discovery of your own consciousness. There cannot be freedom in that.
- Anything that you deflect, psychologically, eventually comes back around at some point in time to confront you again.
- Use the avoidance that you feel to accept the revelation of that which is avoiding.
- The capacity to be more attentive comes with seeing the cost of not owning your attention.
- Measuring a moment is the avoidance of the pained consciousness that would be revealed if the moment were met without the thinker inserting itself into the moment.
- Self-knowledge is not the same as intellectual knowledge, but is instead an instant of revelation that is integration with reality.
- Judgment of yourself is the avoidance of what is revealed within yourself. Leave revelation alone.