



SUNDAY, MAY 1, 2022

Release Yourself from the Unseen Source of All Painful Self-Limitation

Key Lesson: Part 1: Until we can see that unconscious identification sits at the root of all useless suffering nothing real can change for us - let alone within us - save for what we're moved to imagine - and then identify with - as the next new solution to our pain.

Part 2: False "I" is a disease. Real I is the healing. Awakening is the prescription. Now you know the truth that sets you free. All else is your responsibility.

Special Writing: "A Parting of the Ways With the Promise Breaker"

https://gfmisc.s3.amazonaws.com/20220501_specialwriting.pdf

Talk Takeaways

- Individuals who understand the futility of trying to save their own life -- through thought -- will gain their life.
- We must learn to use the presence of psychological pain as an invitation to not just question the things we believe are valuable, but to launch an investigation into how we ever came to that conclusion.

- Whatever we have become identified with over the course of our life -- and, as a consequence, find ourselves suffering over for fear of its loss -- is not now, nor did it ever possess, the freedom it promised to deliver. I can't feel stress and conflict in any moment unless there is a set of opposites active in the moment. There can't be pressure without something pushing against something else.
- Psychological pain is connected to a sense of self that feels threatened by life's events.
- Interior work on yourself brings about the revelation that fear and distress are the by product of being lost in a dream.
- To have an enemy is to live in a dream. If you are afraid of something, you are in a dream. If you regret anything about your life, you are in a dream.
- In the doctor story, ICOTCIALI Syndrome stands for "Instantaneous Contraction Of The Consciousness Into A Little I." TOBALI stands for "Taken Over By A Little I."
- The prescription for our spiritual malady is to remember: "I am the bubble, make me the sea. Wave in the sea, dissolve in the sea." Or you can change it to "I am the bubble, make me the seer. Wave in the sea, dissolve in the seer."
- The little 'I' that is active that you temporarily call yourself is not aware of every other little 'I' that dwells in the consciousness.
- If you are not AWARE of the little 'I,' then you believe that you ARE the little 'I.'
- In the photo of soap suds, every bubble represents a temporary identity that is separate from every other identity. The bigger bubbles in the picture represent identities that we have a tendency to feed more than the smaller bubbles.
- The judgment of a little 'I' is a lie because it cannot see anything outside of its sphere of content.

- You will not find peace of mind after physical death if you have not first found peace of mind before the death of the physical body.
- If you are worried about your life, then you don't know what true success is all about. If you are worried, you are identified with the definition of success produced by the worry itself.
- Only little 'I's fight with little 'I's.