



WEDNESDAY, MAY 4, 2022

Tune in and Get Turned On to Real Life

Key Lesson: Part 1: There is a proportionate and direct relationship between the degree of an inconsolable pain – some form of suffering that's pretty much our daily companion – and our misunderstanding the true purpose of why we have been *given* a life.

Talk Takeaways

- Everything that we see is through its reflection in our consciousness, including physical objects.
- Beauty is in our consciousness, not just in the outside condition that it sees, but it needs the condition to reveal that the observer is the observed.
- If beauty is in the eye of the beholder, then so is fear, doubt and anxiety.
- Our present consciousness is mirrored in the culture that is perceived as unfolding outside of ourselves.
- In present day culture, and as it has probably always been, appearance is more important than actual substance, character and true merit. The inner determines the outer.
- There is no real reward for playing out the roles we are compelled to perform. The promise of a reward always goes unfulfilled.

- When you tune out of an unwanted moment, you drop into a lower consciousness that has decided to deny the revelation in the moment.
- The pain in an unwanted moment is in the not-wanting consciousness itself, not in the outside condition blamed for the pain.
- Allowing negativity to take over in a challenging moment is the same as tuning out of the revelation that the moment is allowing.
- We like beauty because it stirs in us a corresponding character. In fact, every moment stirs a corresponding character.
- The mind that tunes out when encountering an unwanted moment tunes into thoughts about how it might get through the moment with itself intact, or perhaps even better off.
- The very fact of feeling threatened means that there is an image of yourself that is not being confirmed by life's events. That level of consciousness then proceeds to protect itself through plans, postures, behaviors, thinking, etc.
- Instead of tuning out of an unwanted moment, dial into the Divine by being aware of the whole of yourself, including the consciousness that denies the moment.
- The more we resist something, the more present to us it becomes. The more we don't want something, the more painful that thing becomes.
- Many questions of a spiritual nature are asked by a part of us looking for a loophole so that it can remain the same.
- Comparison is a consciousness always in conflict with the moment as it is.