



WEDNESDAY, JUNE 15, 2022

Use This Simple Key to Start Realizing Your True Self

Key Lesson: The ever-anxious feeling that life owes us something - that we're entitled to have our demands met - creates two problems at once: first, we are unable to see, let alone realize all that Life keeps trying to give us and, at the same time, the more quickly we are to blame life for the pain created by our own impatience.

Additional Key Lesson: What is the real source of my frustration with other people -- whenever I find myself impatient with their words or deeds other than - in each such moment - the problem is you're not like I imagine myself to be...perfect in every way!

Video on "Learning to Be Patient"

https://gfmisc.s3.amazonaws.com/20220615_video_patience.mp4

Talk Takeaways

- Painful frustration and impatience always appear together, two sides of the same coin.
- The whole idea of tolerance is born out of self-righteousness that is unaware of itself.

- The so-called accomplishment of getting what you want sets into motion the conditions that will run counter to what you want staying in place, which means that you will then have to find something new to give you a permanent sense of peace.
- Real intelligence does not rely on thought in order to understand negative states such as anxiety and impatience.
- Wherever you have ambition you also have anxiety.
- All creatures in nature wait without anxiety for what they need to be given to them. It is part of the essence of nature. It is also intended to be that way for human beings.
- Human beings have almost forgotten what the soul authentically needs, and the world is more than happy to help you forget.
- Listening to thought tell you what you need to fill a sense of emptiness is a sure way to add force to the fear of the emptiness.
- We cannot be impatient unless we believe that someone or something is holding us back from becoming what we believe we should be.
- All impatience is really impatience with yourself, even though something outside of yourself is blamed as the cause of the state, something that seems to be an obstacle to your desire of the moment.
- There could not be impatience without identification with a desire that we are not aware of.
- Wait with the authentic need of the soul, the need given to you by the Divine, instead of running to acquire what you think you need to be whole.
- There is an action that we almost never consider, which is to wait, observe, watch, see, and understand the demand that is being placed on you when you feel the pressure of impatience.

- There is a difference between patience and being passive. Patience is a rightly active state in which there is awareness of yourself, while being wrongly passive is the denial of awareness.
- Discovering your true self is to understand that you are already given everything you need if you will but wait for it and let what is required be done to you.
- When you get tired of bearing the pain of thoughts telling you what is best for you, then you will begin to pain the bear by observing those thoughts instead of obeying every single one without hesitation.
- Wanting never comes to an end because of the simple fact that the wanting-nature is not satiated by the attainment of its object.