



SUNDAY, AUGUST 21, 2022

The Lost Keys to Complete Self-Renewal

Key Lesson: Part 1: To see all that I am...is to be all that I am; and when, at last, I am willing to see - and to be all that I am - there no longer remains any separate, isolated, lingering sense of self struggling to be, or not to be.

Part 2: Wanting to master oneself - without having obtained (true) knowledge of oneself - is like hoping to harvest food from a garden whose ground you never cultivated, let alone bothered to plant.

Talk Takeaways

- Every condition that you see outside of yourself is a reflection of something that is already in your consciousness.
- Life is ceaselessly being renewed, always giving birth to a new form.
- The level of consciousness that we presently live from is a psychological hoarder, not able to let go of and creating a storehouse the images that provide a strong sense of self.
- A sense of self derived from an image does not have the power to renew. Only a divided mind frantically tries to find a sense of self through an image that the mind itself has produced. The more that the sense of self fails to satisfy and provide fulfillment, the more frustrated and desperate that mind becomes.

- Every time you invest your hope in things seen, you have fallen for the deception that you can become whole through something that is imagined.
- The mind attempts to find renewal from a psychological source that had already begun to die the moment that it was imagined.
- It is our right every moment of our life to renew our right of exchange of an old, painful, imagined sense of self for the remembrance and reconnection with what is new, now and true.
- That which you have always longed for is not separate from what is happening to you right now.
- Our great task is to exercise the right of exchange, to not get lost in the jungle of imagination, letting go of those images in favor of participating in revelation of the whole of yourself as you are.
- It is futile to rely on your own mind to tell you what you have to do to be new again. Any image of what is new is old.
- In a moment of contraction -- which is any time resistance meets a moment that it doesn't want -- recognize that the pain of that contraction is the same as standing in the exact right place, where you can exchange the identity you have been clinging to... for the awareness of yourself that is renewal itself.
- We do not resist a condition because of the condition itself, but because of the mechanical consciousness that rejects revelation of itself.
- One of the obstacles in our development is the consciousness that holds onto the very pain that it claims it doesn't want. On the other hand, the revelation of that fact is part of the path to complete freedom.
- What you need to be free of is the identity that sees everything outside of itself as being responsible for its negativity.
- Every question that our mind conjures up is an attempt to find a way around the spiritual exchange that we need to go through, an attempt to avoid having to let go of the strong self of self that is produced by unconscious identification with thought.

- Everything that we have done to free ourselves from fear is the source of fear.