



WEDNESDAY, SEPTEMBER 28, 2022

Live Every Moment of Life As If It's for the First Time

Key Lesson: Any lingering form of painful psychological resistance to some unwanted experience of life is the unconscious rejection of spiritual atonement.

Talk Takeaways

- What is the point of an experience if it carries us right back to where we started?
- What is the point of experience if not to learn and grow inwardly through the experience?
- You cannot separate how you experience any given moment from the corresponding sense of yourself in that same moment.
- We are presently always giving ourselves a familiar sense of ourselves moment to moment, born out of trying to change or avoid our experience of the moment.
- We have been conditioned to always return to the same experience given the same conditions, over and over again. That experience becomes the basis of our identity.
- The more we are locked into an identity, the more we try to change the conditions we think are responsible for it.

- Any man or woman who truly brought something objective into this world was able to do so because they first experienced it.
- Experience is meant to bring about a union between the observer and the observed. You are meant to live in another world while you're living in this one.
- If you ever feel bored, it is because all you have is the experience of yourself.
- If you keep giving yourself the same experience, it means that something in you loves it.
- As goes my attention, so comes my experience. As goes my experience, so comes my sense of self.
- My sense of self is inseparable from what I attend to in any moment.
- Your consciousness gives itself an experience, then it resists the experience that it is giving itself.
- Every experience that is based in want/not-want comes back around to repeat the same experience. The awareness of that, awareness of the consciousness responsible for it, is how the pattern begins to break and the repetitive experience begins to change.