



SUNDAY, OCTOBER 9, 2022

## **The Power to Elevate and Enrich Your Experience of Life**

Key Lesson: Part 1: Without an anchor a ship is carried off by any shallow current or wave that passes beneath its bow. And so it is with us...as long as we try to navigate through this life without being able to anchor our attention in a place of our own choosing.

Part 2: All forms of lingering fear, self-doubt, worry and despair - including whatever torment and tension may appear with them - are the negative byproduct of (our own) misplaced attention.

Part 3: Unattended attention is the breeding-ground of unwanted experience.

### **Talk Takeaways**

- There is no condition outside of yourself that is responsible for your negative reactions.
- What you want is presently the most important thing in your life. But the truly most important thing that you have been given is your attention.
- As goes your attention, so comes your experience. As goes your experience, so comes your sense of self.
- Your identity is inseparable from what you are attending to. What you are attending to strengthens the sense of self that you don't want.

- You value your possessions more than your God-given capacity to own your own attention.
- Everything you see in the world is a reflection of the consciousness in which it appears.
- Attention allows you to become one with what you attend to. Attention is a connecting bridge to whatever you are attending to.
- Unattended attention is the breeding-ground of unwanted experience.
- Our attention is not GIVEN to whatever it is that you want or don't want... it is ATTRACTED to that thing.
- Connect your attention with what you experience... then connect your experience with your level of understanding.\
- You become a part of anything that you resist, because resistance is unconscious identification.
- Why do you allow your attention to take you to the psychological garbage dump? The answer is that you do not know that it has happened until you become conscious of the results.
- Spiritually speaking, a sleeping human being is one who never suspects that they live in a prison. Human beings who are asleep are incapable of anything genuine.
- The next time you find yourself in the dumps, at least consider the fact that your experience is connected to where your attention was drawn.
- Unattended attention takes the path of least resistance. One path of least resistance, for example, is judging others.
- Set an intention to be aware of your attention so that you can begin to notice the extent to which you do not own it.