



SUNDAY, NOVEMBER 6, 2022

## **Your Journey to the Peace that Passes Understanding**

Key Lesson: Part 1: Real Life is a miracle unfolding in slow motion. The eyes that can see this truth are those no longer blinded by the nature of thought whose sleight-of-hand creates and sustains the illusion of passing time; to see things as they are is to be what we are: travelers through a time and realm whose peace passes all understanding.

Part 2: The meaning of any moment is only as light or dark, great or small, rich or poor, as is the (level of) consciousness within which its infinite latent Divine possibilities are reflected and revealed, accordingly.

### **Talk Takeaways**

- There is a peace that comes with any truthful impression that stands the test of time.
- "Wisdom is the principal thing. Therefore get wisdom: and with all thy getting, get understanding." -- Proverbs, Old Testament
- The source of every kind of psychological suffering is an individual's present level of understanding.
- The moment you do not understand is not something to fear. Rather, it holds the potential for your learning.
- Our present level of understanding is the source of conflict with others.

- Talking to yourself about a problem from your present level of understanding cannot bring an end to the fact that you don't understand.
- The level of your understanding is what determines your experience.
- We can't comprehend the whole meaning of a moment by talking to ourselves about it because the moment and its meaning is beyond understanding.
- Part of the concept of a "quiet mind" involves no longer relying on yourself to explain the meaning of a moment.
- Your current understanding cannot be separated from the sense of self that appears with it.
- When you have an epiphany, there is a type of peace that appears as the observer and observed are aligned in that instant.
- In truth it does not take thought to understand anyone or anything. When you rely on thought, you are actually doing what is antithetical to real understanding.
- Growth is outgrowing what you have been and done by seeing that the understanding that brought you there can't take you past that point.
- The origin of the word "understanding" is closer to "standing between two things." To see the event and the seer of the event at the same time.
- "What if" questions are the product of the mind trying to understand what is happening, when those very questions block the possibility of genuine understanding that comes through revelation.
- With awareness we have the capacity to understand that the observer is not separate from the observed. The observer is the observed. The observed cannot be changed without changing the observer.
- You finally stop suffering when you lose your fascination with it.