



WEDNESDAY, DECEMBER 14, 2022

Drop Useless Thoughts and Leap into the Indescribable Life

Key Lesson: The immediate recognition, and subsequent negation of any useless thoughts serves, on the spot, to negate the pain born of being identified with their unconscious "thinker."

Special Writing: "The Seed is the Tree"

https://gfmisc.s3.amazonaws.com/20221214_specialwriting.pdf

Talk Takeaways

- Spiritually speaking, if you are going to become a new human being, something old has to die.
- Every desire promises you freedom. But does the fulfillment of a desire ever really deliver the freedom it promised?
- To die to oneself does not involve doing something with one's own will. "The Kingdom of Heaven cannot be taken by force."
- In nature, death is inseparable from life. Everything in nature starts to go through a transition after its purpose has been fulfilled. Death is part of the purpose of everything in creation.
- Everything -- spiritually and physically -- is meant to go through a transformation after its purpose has been fulfilled.

- A negative state such as impatience can turn into humility if its purpose is allowed to be fulfilled. All negative states are meant to be released once their purpose is realized.
- There is no chance for the purpose of a negative state to be realized and therefore released if we interfere by trying to do something about it through our own will.
- To "re-act" means that one is handed the same action that has already been implemented in the past.
- No reaction can release you from the condition that the reaction blames for the pain.
- When you can watch your own consciousness reacting, then you are part of a field of awareness that is not identified with the reaction.
- The opportunity to die to yourself appears whenever you see yourself.
- Instead of allowing the negative reaction to choose for you, choose to end your usual relationship with that reaction.
- To step out of the identification with a negative reaction is what it means to begin dying to yourself, surrendering yourself.
- The task is to see what negative reactions are telling you to do in order to be free.
- Let the train of negative reactions go on without you. Do not jump onboard. You will feel a period of emptiness if you do this, but you will be given a new instruction if you will wait there.
- What do you see when you're afraid? You think you see an enemy, but what you really see is the "end-of-me."