



SUNDAY, JANUARY 1, 2023

Enter the Narrow Gate of Endless New Beginnings

Key Lesson: Nothing ends that something doesn't begin; nothing begins that something doesn't end. To know this as true is to no longer live in the fear of emptiness, let alone to covet the feeling of "fullness"... As neither of these psychological states, including the false sense of self (unconsciously) derived from them, exists without the temporary conditions that create the illusion of their reality.

Special Writing: "Four Higher Insights to Help Free You from the Fear of Emptiness" https://gfmisc.s3.amazonaws.com/20230101_specialwriting.pdf

Talk Takeaways

- Until we see a bigger picture of the real world that we live in, we won't be able to really know and experience endless new beginnings.
- If you want to experience what is new, then you are going to have to let go of your ideas about newness in favor of the actual relationship with what is always new.
- We can see the evidence of renewal all around us, but how do we directly experience and participate in the world in which that is true?

- All creatures exist dependent upon the broader world that sustains them. In order to be complete, everything in creation needs every other part of creation in order to sustain it.
- Emptiness and fullness do not exist in the way that we typically think of these things. Emptiness does not exist without fullness, and vice versa. Emptiness and fullness are not separate things.
- "For there is nothing either good or bad, but thinking makes it so." Nothing is really empty and nothing is really full, but thinking makes it so.
- The acronym "ESAGS" from today's doctor story stands for "Endless Stop And Go Syndrome." A disease of the mind that cannot bear the sudden sensation of not knowing what to do.
- We feel a sense of emptiness when it becomes clear that the idea of fullness we were relying on is false.
- The strong sensations produced by thought are not the actual experience of, and participation in, being renewed.
- The moment that the mind calls "empty" is the same of being full of imagination of what is needed in order to avoid the feeling of emptiness.
- Nothing that is an extension of any familiar line of thought can lead to a truly new beginning.
- The emptiness that we are afraid of is filled with the fear of emptiness. It is not actual emptiness itself.
- Stop, drop and explore those moments that are filled with the usual line of thought telling you, painfully, to go do something to fill the seeming emptiness. Remain with and explore those moments where there is resistance to what the mind calls emptiness and meaninglessness.
- Be suspicious and watchful of any voice that exclaims something like: "How long do I have to do this spiritual work? I just want this to be over with."

- The fulfillment of emptiness is the revelation of the consciousness and its ideas about fullness and emptiness.
- The Work is spiritual, not mental. You can't fully explore an actual, physical wilderness just by reading a book. Be a warrior, not a worrier.
- Emptiness left alone invites fullness. A question left alone invites the answer.