



WEDNESDAY, JANUARY 11, 2023

Transforming the Present Moment into a Living Prayer

Key Lesson #1: Part 1: Just being fully present to yourself negates 95% of your missteps in life; the other 5% of the time, when you have to pick yourself up off the ground, serves to remind you of how important it is to always be watchful of "where" you are, and "who" is talking to you as you walk through life.

Part 2: Evil, like rust, never sleeps...which is why we must work - in all worlds at all times - to be vigilant.

Part 3: With persistence, honesty, and the prerequisite humility we will make the glad discovery that any true practice begins to develop itself; where the fulfillment of our wish to transcend ourselves is realized as having never been separate from our wish, nor the deliberate work required to realize such a liberating Truth.

Talk Takeaways

- We meet life through our understanding of it. If we want to change our experience of life, then we will first need to change our understanding of it.
- We psychologically chain people to our demands whenever they don't do what we want them to do.
- Your attention is a form of request. Everything that you attend to, even if you are not aware of it, is a form of prayer.

- When you deny responsibility for the experience of life you have asked for through the wrong placement of your attention, that itself is another request for more of the same.
- One of the older meanings of the word "prayer" is "a sincere request."
- When you pray in order to add something to yourself, or to escape from something that is disturbing you, you are being preyed upon. That is not real prayer.
- Every psychological fear is the product of negative imagination.
- If you are praying from a conditioned mind, then you are essentially asking for conditions to match the images that you have been conditioned to believe lead to fulfillment.
- An unconditional prayer comes from a part of us that understands it needs something that is not of this world, and that it cannot give itself.
- Everything that the mind prays for is an attempt to increase its own stature through knowledge, possessions, comforts, power, security, consolation, etc.
- Practicing the presence of God is the same as remembering yourself. And remembering yourself is not the same as thinking about yourself.
- You are in the wrong place, praying for the wrong thing whenever your attention is outside of yourself, i.e. not where you are, aware of your body, its sensations, its movements.
- Think of a task that is common in your day, and make the intention to do that task with all of your heart, mind and body, attentive to yourself and being watchful of the things that usually divert your attention outside of yourself.
- The acceptance of the revelations inherent in moments that you don't want is the negation of the self that doesn't want those moments.