



SUNDAY, FEBRUARY 19, 2023

Liberate Yourself from the Feeling of Being Empty and Alone in Life

Key Lesson: Part 1: My most contented hours are those filled with emptiness; and I regret - as comes their appointed time - having to fill these precious moments with what is little more than the mandatory, but mostly empty business of this world: attending to all of the virtually endless forms that are, at best, shadows of the real...at worst, vanities.

Part 2: Whatever may be troubling you, just let it go: the hand, the heart that resists and then fears any sudden sense of emptiness is neither your hand, nor your heart. Your True Self is empty of useless, painful resistance...and full of the Light that reveals it as such.

Special Writing: "Two Meditations to Help Liberate You From the Painful Illusion of Emptiness"

https://gfmisc.s3.amazonaws.com/20230219_specialwriting.pdf

Talk Takeaways

- A necessary realization along the upward path is that there are parts of you that do not want you to realize the truth of yourself.
- Although not really aware of it, the question of "Who am I" sits behind every pursuit, both worldly and spiritually.

- We are told that we are missing something, believe in the absolute truth of that idea, and then search for what we are told to pursue in order to fill that emptiness.
- Just as it is impossible to outrun your shadow, it is also impossible to outrun your emptiness.
- The last thing that people will do is stand still, stop pursuing what seems to be missing, so that they can understand something about the nature of the emptiness.
- Your unconscious reactions and resistance feed the very culture that elicits those reactions and resistance.
- Unconscious resistance to emptiness tells us what we need to do in order to fill ourselves.
- What if what we call emptiness is not at all the real cause of our suffering? What if that emptiness is actually one-half of the Celestial promise of genuine fulfillment, of genuine wholeness?
- Every real need, such as the need for water, is a kind of emptiness. The need, and the answer to the need, already exist together. Within the need, with the emptiness, already exists that which will complete it.
- You are not here to complete yourself through anything the world can give you.
- All things divine seek to be expressed so that the intended impressions can be made within the intended instrument, which is us.
- When we will cease heeding the temptation to answer the emptiness, then the emptiness itself will attract what will complete it.
- You can't have a longing for the Divine that the Divine did not put in you. Whatever is empty is made to be filled.

- The sacrifice is of the self that attempts to fill the emptiness (the question, the need) with what it thinks it needs.
- You are the only one keeping score, and you will always eventually lose when you play that game of comparison.