



WEDNESDAY, MARCH 1, 2023

How to Let Go and Enter the Divine Flow of Life: Part 2

Key Lesson: It's your life, your work, and at all times you receive from life what you sow into it; if you don't like what life is giving you, learn to ask for something else.

Special Writing: "Re-Enter the Divine Flow of Life and Be Set Free"

https://gfmisc.s3.amazonaws.com/20230306_specialwriting.pdf

Talk Takeaways

- The moment that you start thinking about being in the flow, you are cast out of the flow.
- Resistance to the disturbance seems to prove that we would be content if it were not for the disturbance.
- When a dream is interrupted, the dreamer comes up with a plan to get rid of whatever is obstructing the dream.
- Identification with anything always places a person outside of where the real flow exists.
- The actual moment does not ever oppose you. Rather, something in you opposes any moment that seems to challenge its identity.

- Real life is participation in a Divine flow that refreshes the one who participates in it.
- What is it that has deceived us into believing that we are outside of the flow in the first place, and therefore we must figure out a way to get back into the flow?
- It seems natural to be caught up in a self-destructive state. We have become dependent upon negative states for the sense of self and the sense of certainty they provide.
- Human consciousness has been falsely conditioned to believe that the stronger the sense of self, the more it is in the flow of real life.
- The immensity of the problem is in direct proportion to the extent of the identification with the self-image that has been challenged by the moment.
- The task is not to try to make life fit into a flow that we have imagined. The task is to use the resistance to the disturbance to awaken and release us from the pain of holding onto those demands.
- Everything that you have done to save yourself has created the next thing from which you believe you have to save yourself.
- Be willing to work at not saving yourself. Catch thought trying to figure out how to get back into the flow that it has imagined. The work is not an affirmation. It is a negation.