



WEDNESDAY, MARCH 15, 2023

## How to Cultivate a Quiet Mind

**Key Lesson:** Here's one of the reasons the mind won't stop its incessant chattering: we've become so identified with being in the company of all the (familiar) voices in our head, we actually fear their silence means that, somehow, we've been left alone, or forsaken.

**Second Key Lesson:** Talking to ourselves ensures we remain the unwitting captive of a lower level of consciousness that never stops judging us, others, or the world through which we walk!

**Third Key Lesson:** All forms of self-talk are an unconscious, yet "deliberate" intervention in our intended participation in the revelation and fulfillment of creation.

### Talk Takeaways

- The mind names the moment, resists the very moment that it has named, and then tries to save itself from what it is resisting.
- The mind endlessly talks to itself about what it must do to restore the peace that it believes it possessed before it was disturbed by life.
- According to the comparative mind, being complete demands that others see us that way.

- The task is not to seek for a quiet mind. The task is to observe all of the noise, all of the thinking, all of the interior chatter.
- All of the self-talk that goes on and on is all about unfinished business with an unresolved past disturbance that we hope we will reconcile through the interior dialog.
- We falsely believe it is our business to resolve the business of Life.
- Resistance to the unwanted moment fuels the self-talk about what to do about the moment in order to turn it into something pleasurable.
- In the promise of every pleasure is hidden pain. The consciousness that swings back and forth between pleasure and pain is not to be feared or avoided, but to be seen for what it is.
- There is nothing in creation that doesn't belong to a set of greater forces and overriding will that sees to its natural reconciliation moment to moment.
- Aside from the practical, the desire to control conditions is an attempt to keep a familiar self-image in place.
- If you always feel compelled to speak, outwardly or inwardly, then to whom does that mouth and mind belong?
- The practice of ZTL: "Zip The Lip." Understand the futility of trying to reconcile what is disturbing you through talking to yourself about it.
- If you set the intention to zip the lip, but you find that your lips are still moving despite the intention, then there is now a new awareness that your own lips presently do not belong to you.
- If you can't stop talking to yourself, then it is not you who is initiating the conversation.
- You are not being shown unflattering things about yourself as a punishment, but in order to change your relationship with those things.
- The assumption behind the struggle to be free is that you are a captive of what you are struggling against.