



SUNDAY, APRIL 30, 2023

Realize the Missing Half of Your True Self and Be Set Free

First Key Lesson: The witness to experience is not bound by it, any more than a clear sky can be captured by a passing cloud, or a sound can seize the ear that hears it.

Second Key Lesson: It's not some dark or otherwise fearful thought that tortures us; it's not wanting it that causes all of our psychological pain and sorrow.

Third Key Lesson: There is no reaction of the self-centered kind in higher awareness. Pure seeing - along with whatever may be the reaction to what is seen - is seamless; so that this "reaction" is never separate from what causes it, nor what is then created following that interaction.

Talk Takeaways

- There is no struggle in seeing. The struggle is in trying to get life to conform to what something in you wants to see, and avoid what it doesn't want to see.
- The problem is not what is seen. What creates the problem is the nature that is seeing.

- Within the sleeping human consciousness, there is something that is already awake, and its presence in that consciousness produces momentary glimpses of what it is not aware of in itself.
- A person does not realize the need to be awake without seeing at least some of the pain inherent in remaining asleep.
- The temptation is always to try to complete yourself through some form of identification.
- Lower levels of consciousness have no awareness of the higher, while higher levels of consciousness are aware of and hold the lower.
- No moment in and of itself is timeless, but it comes out of something that is timeless.
- The missing half of every moment is the seer. A moment is whole when there is no separation between the seer and the seen.
- If sound can't be completed without the ears, and light can't be completed without the eyes that see it, then creation is incomplete without the awareness of it. What would be the purpose of creation if there weren't something aware of it?
- We go through this life always struggling to make what we see into what we need it to be, so that we can be what we imagine ourselves to be.
- It is not we who are moving through time, but it is in fact time that is moving through us.
- There is no tormenting thought. The torment is not wanting the thought, believing that it should not be there, and therefore binding yourself to it through resistance (which is the same as identification).
- Try to see the need to anchor your attention in the seer, which is the indwelling silent witness that watches everything that appears and then watches it pass through. Your attention and yourself are one thing.

- Spend more time at "see." Practice "silent seeing," watching thoughts come and go, not you going to thought. Watch the temptation that comes up in you to engage those thoughts.
- Whenever you try to use thought to resolve the appearance of another thought, you are building a castle of thought that will eventually collapse.
- What is truly useful has no thought about itself as being useful.
- Desire is movement seeking stillness.