



WEDNESDAY, FEBRUARY 19, 2025

## The First Step in Coming Out of the Unconscious "self"

*Original Talk Date: February 17, 2016*

Key Lesson: There is only one-way to change who, and what we have been: we must set a conscious intention to observe ourselves... as we are, under any and all circumstances. This means that moment-to-moment, we choose, consciously, to see what's unfolding within us through the "eyes" of a higher part of us that knows -- even as it enters the fray -- that our freedom begins with ending our identification with lower, unconscious influences.

### Talk Takeaways

- You cannot want to be liberated without there being something to be liberated from.
- Trying to find liberation is what our minds work on all day long, pursuing what it points to as the escape from its condition. But for the most part we do not know that it is busy doing this.
- We meet the world outside of us through our level of being, through the level of understanding we have about ourselves.
- We are captives of an unconscious nature that does not know that it is unconscious. We are unconscious to our own unconscious level of being.
- We human beings believe that we are the driver in our lives, the one who deliberately chooses what we are going to do to find liberation.

- If we want liberation, we must see that, presently, we are not choosing the life we lead. Our choices are being for us by an unconscious nature that is not aware of itself.
- The only thing that the unconscious nature finds in its search for liberation, is more captivity.
- How long would you drive a car that more often than not takes you to places that you don't want to go? Not long, but that is what is happening in our day-to-day lives. If you are not in the driver's seat, you are being driven.
- Anytime you are in a rush, in an argument -- or in some way filled with resentment, regret, or fear -- you are not in the driver's seat.
- Our present sense of self is not our true nature. It is a temporary, imagined 'I' that is the opposite of what it is pursuing and/or running away from.
- The temporary 'I' feels like it knows what to do about the problem it is working on, and then acts according to the strength of that feeling. At the same time, that 'I' believes that it is separate from the condition it is trying to resolve.
- Everything that is hurtful and hateful is the outcome of an unconscious nature trying to reconcile its condition. If you were able to be aware of the onset of that nature's activity, then it would begin to lose its authority over you.
- If you are not aware of this unconscious nature before you act, then you will serve that nature's agenda.
- The fact of our condition is that we are asleep, and acknowledging that fact is where we must start.
- Rebirth is a reversal in which the unconsciousness that we presently serve begins to serve us, because now there is awareness of that nature.
- Reclaim the driver's seat, which means to connect with the awareness of the unconscious nature that presently drives you.

- What is unconscious becomes negative whenever there is no awareness of it. When there is awareness, that same nature can be used for a profitable purpose.