



WEDNESDAY, APRIL 9, 2025

The First Step to Realizing True Self-Command

Original Talk Date: October 14, 2015

Key Lesson: The fact that we can't see how, too often, we follow a part of ourselves that is blind -- as evidenced by the eventual pain of having to pay for its missteps -- proves that this 'I' -- this part of us must surely be as blind as our guide, or else we would be able to see the blindness of this "self" in whose footsteps we have placed our trust.

Talk Takeaways

- Only what is real can change. You can change your imagined self a million times, but it does not change anything real.
- New knowledge becomes new understanding only to the extent to which you apply the knowledge to your life.
- When we are about to act against ourselves, there is no doubt about the necessity of what we are about to do. It is usually only in retrospect that we realize that we became something that we don't want to be.
- No one who is in command of him or herself would hurt themselves.
- It is a contradiction that people can believe that they are in command of themselves, when in reality something is in command of them.
- If we want to have command over ourselves, then the very idea of what it means to be in command must change.
- Presently for us, being in command of ourselves is connected to being in control of exterior conditions.

- All three parts of us -- heart, body, and mind -- must have a single master. As long as each part has a different master, they will endlessly compete for authority.
- How would you like to drive a car that most of the time turns right when you want to turn right? Or that stops when you apply the brakes... most of the time.
- Self-wholeness is the only power a person needs to have self-command.
- The highest form of command would be to live from a level of consciousness that cannot harm itself. That level of being encompasses the heart, the mind, and the body.
- The moment of a disturbance is the invitation to gather the whole of yourself in the name of what is Good.
- Impatience cannot be separated from selfishness.
- It can be said that we are at last in command of ourselves when there is no longer any need to seek command of ourselves.
- Exercise: Realize that the onset of a reaction is the same as the appearance of a blind guide. The appearance of a blind guide is the same as the temptation for you to follow it. See it. Don't follow it. What is whole does not follow anything. When you are whole, there is no need to control conditions.