



WEDNESDAY, APRIL 16, 2025

Attract the Higher Influences that Free You from the Lower Self

Original Talk Date: April 13, 2016

Key Lesson: No worldly acclaim or possession can ever make us feel whole, let alone free us from that irreconcilable fear that comes with feeling ourselves as apart from others, and from life itself. Only by consistent, persistent interior work to remain awake and watchful can we place ourselves in a conscious relationship with higher, eternal influences... under whose authority are we released, at once, from the illusion of isolation and the dreadful sense of desperation that comes with it.

Talk Takeaways

- Useless tension is connected to an unconscious body of wants and desires.
- Worldly possessions and social acclaim serve as a secret kind of punishment. So why do we continue to pursue the worldly things that we do?
- The only way to change your experience of any given moment is to change your nature.
- The attempt to change painful patterns by struggling to change conditions IS the painful pattern.
- Any negative state, that we unconsciously participate in, is part of a compulsion that promises freedom from negativity when we agree to become its instrument.
- Our connection to the right influence of higher self-knowledge is what gives us the capacity to question our dependency upon lower influences.

- Any thoughts that go on unattended are part of a process of unconscious imagination. Something in us is stuck in imagination, talking to itself in order to figure out what it must do to reconcile the moment.
- Wanting to change your experience is the same as wanting to change your own unwanted sense of self. There is a self that does not want to be what it is.
- Every attempt to change a condition is an attempt to change how you feel about the condition.
- The punchline of the skit was: "This isn't something being done TO you. It is something being done FOR you."
- The only possibility that resistance can produce is the repetition of the condition that is being resisted.
- Becoming conscious of the part of ourselves that puts us in harm's way is the beginning of being free of its influence.
- Most human beings never become conscious of any influences above their own social conditioning, above what their own imagination produces.
- Your possibilities are governed by the influences that you serve.
- Resistance will begin to serve you once you live under higher influences, which allows you to understand its purpose. Now you serve resistance because lower influences govern your relationship with it.
- We can't see that mostly what we know as ourselves is the feeling of not wanting to be ourselves.
- Naming an event is the same as judging the event, so that the namer can believe it is in charge of the event. The namer separates itself from the event.
- Part of the pain of resistance is the pleasure that is imagined will come when the condition is reconciled.
- What we call our wants belong to a nature that wants nothing other than to escape itself.
- The missing half of life is our awareness of life. How often are you actually aware of the influences that are working on you? How often are you aware that something is trying to influence you?

- There is never a moment in which higher influences are not pouring down, but our problem is that we are not standing where we can receive those higher influences.
- Exercise: Learn to be aware of the whole of the moment, while at the same time being present to what is influencing you. The awareness of temptation is the touch of a higher influence. Stay there until the temptation passes, which it will because temptation is part of a mechanical nature. Ask to receive higher influences by refusing to agree with the lower. Higher influences will guide you and give you what you need to transcend who and what you have been.