



WEDNESDAY, APRIL 23, 2025

Learn to Give Yourself to Life by Letting Life Give You Life

Original Talk Date: April 20, 2016

Key Lesson: All of our imagined hopes and plans for the promising pleasures of "tomorrow" are crafted by the parts of us determined to keep us from seeing what we're being given to see about ourselves in each and every present moment.

Talk Takeaways

- The Divine can't give you the peace you're asking for because peace has already been given to you, but as of now you don't recognize it.
- With everything that you have given yourself, can you honestly say that you are a happy, contented, peaceful, fearless human being?
- We are momentarily happy when we get what we want, but when something threatens to take it away we become uptight, tense, unpleasant, self-punishing and other-blaming human beings.
- As the punchline of the skit, the wife says to her husband: "You've always been so preoccupied with thinking about what I can give to you, that you've never once thought to ask what you might give to me."

- Every act of life toward you is not life giving you what you WANT, but instead it is life giving you what you NEED in order to fulfill your place and relationship IN life.
- All frustration, the absence of gratitude, is due to one reason: we are so accustomed to giving ourselves everything that we want, that it never even dawns on us that there is another relationship with life above and beyond just taking what we want from life, whenever we want it.
- Society is set up to never stop developing new ways for you to give yourself everything you want. The world never stops developing new ways for you to avoid seeing yourself as you are.
- We are addicted to the sensation of self that comes out of identification with what we want.
- You can't keep giving yourself everything you want, and be given a real life.
- How is it possible for one to feel what one sees, unless hidden in the very act of seeing, the seer not only touches the thing seen, but the thing seen, prompted by this touch, shares its feeling with the seer. It graces him with the deft touch of a silent impression, stirring in him emotions that speak volumes about ageless qualities, inviting him to open his heart and to give it to that which has touched him so that it might continue to whisper to him the secret of life.
- You can't have an unwanted moment that you don't give to yourself. You can't have an unwanted moment without being identified with what you DO want.
- Blaming someone is giving yourself an excuse for being the kind of person you are.
- Reliving a conversation through an interior dialogue is the same as giving yourself a sense of self.
- What you give to yourself is imagined, which is why it cannot provide the nourishment that you need, which only real life can give you.

- "Let the soul banish all that disturbs; and let the body that envelops it be still, and all the fretting of the body, and all that surrounds it; let earth and sea and air be still; and heaven itself. And then feel the Spirit streaming, pouring, rushing into you from all sides, while you are in the quiet of this Peace." -- Plotinus
- Life can only be described by something that sits outside of it. If you are in life, living life, you don't need to describe it.
- To sell everything means that you see that you must stop giving yourself what makes you momentarily rich. Sell your life in exchange for what life is giving you at that same moment.
- We are tense because we believe we have to give ourselves what we think we must have.
- Instead of asking what life can give to you, ask life what you can give to life. The reward is freedom from yourself.