



SUNDAY, AUGUST 24, 2025

Step Out of the Snare of the Sleeping Mind

Original Talk Date: July 10, 2016

Key Lesson: Rushing somewhere, through anything, in the hope of finding some imagined peace of mind is like looking for your heart in someone else's body!

Special Writing: https://gfmisc.s3.amazonaws.com/20160710_specialwriting.pdf

Talk Takeaways

- Whatever pushes us in any given moment never appears without a reason for why we are being pushed.
- If you are not present to what is moving through you, then you become the instrument of those thoughts and feelings that you are not present to.
- In resisting negativity, we begin to take on the reflection of that negativity. Not wanting something is the same as identifying with it. When we identify with anything, we become its instrument.
- You assume the form of whatever it is that you are resisting, and you wind up doing its will.
- "The fox condemns the trap." -- William Blake -- The nature of the fox is blind to the laws that cause it to ensnare itself.
- Who you are, and what you hope to get away from, are opposites. One does not exist without the other.

- Sense of self does not exist without what the mind is identified with at any given moment. That mind, that nature, is in constant conflict.
- Nothing in life is pushing you into the pain and anxiety of being in a rush. The state of being in an anxious rush exists in the divided mind that perceives conditions as the cause of its pain.
- The sense of self that is tormented needs tormenting thoughts and feelings in order to exist. The sense of self claims to not want those thoughts and feelings, but it cannot exist without them.
- Rushing is the sleeping mind trying to close the distance between itself and an imagined space and time that will release it from its torment. You tie yourself to whatever you try to get away from in the rush towards an imagined freedom.
- The attempt to close the distance between an imagined self and an imagined time to come, in which you will no longer feel disturbed, IS the feeling that you don't want.
- No conscious human being will surrender their will over to something that wants to hurt them. When you are in a rush, you are being hurt.
- You cannot be released from any pain that is produced by the divided mind by pursuing what that same mind points to as being the solution.
- The idea of wanting to "get it over with" is the same as wanting to get past the pain that is the product of the mind that is divided against itself.
- Evening and morning are opposites from one point of view, but they are not opposites from the view of a higher world. They are a single statement of another order of time. It is the same with summer and winter, and with all natural opposites.
- Our ongoing pain is the product of trying to escape a pain we are not aware of. Our pain always goes before us because of the fact that we are always trying to get to the end of it.

- Any time that you do not want to be where you are, it is because there is a pain there. The part of us that does not want to be where we are must have a time and a place to get to, and it must get there in a hurry.
- You cannot be free of something that you are trying to get away from.
- You will find freedom from anxiety and rushing through realization of your situation, not through the attempt to reconcile it. Be willing to observe the divided mind, and let it run its course. Be the observer of the divided mind, not the servant of it.
- Anything that pain promises you is really just the promise of more pain.