



WEDNESDAY, SEPTEMBER 3, 2025

Go Beyond Worldly Appearances to Real Spiritual Substance

Original Talk Date: 9/2/2015

Key Lesson: Part 1: We are convinced that if there's anything lacking in us, then the answer must be to acquire it, as has always been our go-to solution when suffering over some discontent. But as long as our hope for contentment is remanded over to a search for something outside of ourselves, we will never see the fact that this discontent is inseparable from our present level of self, let alone come to understand that the only solution for it rests therein... In the last place we would think to search for it.

Part 2: To know a little of everything is to know a lot of nothing; to know fully, one thing -- the all and the nothing of your Self -- is all that's needed to be... Free.

Talk Takeaways

- We must learn what it means to read between the lines of our own thinking. Otherwise we remain convinced that our thinking is intelligent.
- A true aspirant is one for whom the usual suffering is no long satisfactory. Our usual suffering is satisfactory to the level of self we live from now.
- Tomorrow is what every thought produces when it considers what it calls the moment.

- We are nothing like what we appear to be. But there is a nature, to which we have learned to say 'I', that is a master at burying the evidence of what we really are.
- We try to appear as if we are composed, appear like we know what is going on, appear like we are kind and compassionate and concerned about others, appear like we are "spiritual." Are we what we appear to be? Or do we turn into someone that is nothing like we appear to be when something happens that is not according to plan?
- Trying to appear as something in the eyes of others means that you are also trying to hide something. But it is not Real 'I' that is hiding something, and it is not 'I' that is trying to appear as something that you are not. It is a nature that is dedicated to the pain of maintaining appearances.
- Anxiety and fear appear when the mask that you are wearing is momentarily shattered by the unwanted moment.
- Does one hide something that they are proud of? No. We hide what we want no one else to see.
- There is a momentary feeling of freedom as long as life supports the image that has been cultivated over time.
- Why would someone want to protect a sense of self that is the very source of their suffering, and that inflicts that same pain upon others?
- All of the things that we do in order to appear rich leaves us in poverty. "Blessed are they which do hunger and thirst after righteousness: for they shall be filled." -- New Testament -- "Blessed" means to be fulfilled from the inside-out.
- Our suffering seems to prove the validity of the sense of self that we try to keep in place whenever a moment comes along that momentarily shatters the facade.
- When you get a taste of your true nature, the taste of false appearances will never satisfy in the same way again.