



SUNDAY, OCTOBER 19, 2025

Start Seeing Your Life in a Bigger and Better Light

Key Lesson #1: Calling on anxious thoughts to check the rising tide of some fearful feeling is like trying to stop a landslide by throwing rocks at it!

Key Lesson #2: It often feels as if the unwanted moments in our life are spinning out of control — but they're not. It's we who are being turned round and round by unseen forces, born of an unseen conflict within. This conflict arises whenever the Light of Life reveals something true about us that we'd rather not see. In that instant, what we've taken to be ourselves — our life as we've known it — is exposed for what it is: a dream born of a sleeping mind. And as we see this "self" that clings to its dream is no more real than the dream it struggles to protect, something in us is quietly set free.

Talk Takeaways

- One of the signatures of a small mind is the tendency to make mountains out of molehills.
- The sky has no reaction to the clouds that pass through it. But unlike the sky that allows everything to move through it, we identify with just about every passing thought.

- What we suffer over in any unwanted moment is not the event itself; we suffer over our reaction to the event. The reaction tells us that something outside of us is responsible for the negative experience of the moment.
- A sleeping mind must always have something to chew on. That sleeping mind fails to see that it is chewing on its own thoughts; more accurately, that mind is chewing on itself.
- The mind believes that the "me" that is searching for a solution to the disturbance is separate from the disturbance.
- The sleeping mind does not know the difference between thinking about what is practical, and thinking about how to escape from the psychological prison it has created for itself.
- The sleeping mind believes that it can escape from the pain produced by its own reactions through yet another reaction.
- Your experience of the moment and your reaction to the moment are one and the same thing. The reaction that you are identified with IS your experience of the moment.
- The sleeping mind believes that the event it is interpreting is outside of itself. As a result, we try to change the outside, while completely ignoring the inside.
- The reason that nothing really changes in our life is because the nature that is trying to change its experience -- by manipulating the outside condition -- is the same nature that created the experience that it doesn't want.
- The sense of self that is hurt, and the condition that it says is hurtful, are one unconscious nature.
- A sleeping mind is object-dependent. Our sense of self depends upon objects -- people, events, possessions, images, beliefs -- that are outside of us.
- Every time that the mind imagines a time to come in which it will get what it wants, along with it comes the fear that what is imagined may not come to pass. The sleeping mind compares "what is" to what it imagines should be. Imagining a time to come is resistance to what is.

- As long as we can only see one side at a time -- for instance, seeing only what the mind points to as being needful in order to be happy -- we will never be free. Blindness is being able to see only one side at a time.
- Just because you can't see the whole of the moment doesn't mean that the moment isn't whole.
- "Out beyond ideas of wrong-doing and right-doing there is a field. I'll meet you there." Jalal al-Din Rumi
- The real experience is revelation itself, where both sides -- the experiencer, and what is being experienced -- are realized as being one thing. There is no real separate self outside of revelation itself.
- There is unnecessary suffering inherent in being identified with one side or the other.
- The stronger the identification, the stronger is the sense of self. Surrender that sense of self to the light that reveals it.
- Become the impersonal witness to the sense of 'I' that arises out of every reaction.