



WEDNESDAY, OCTOBER 22, 2025

Stop Being a Prisoner of the Past

Original Talk Date: October 26, 2016

Key Lesson: What is True is always new, ceaselessly original... and to realize its innocence, to share in its inexhaustible power and spontaneity, we too must be original.

Special Writing:

https://gfmisc.s3.amazonaws.com/20161026_specialwriting.pdf

Talk Takeaways

- Whenever you feel troubled or feel like a captive, it is because there is something in you that toils ceaselessly to ensure that you look at the present moment through its eyes, the eyes of the past.
- You have been looking for freedom from the past, but you don't know that anything that looks for freedom from the past IS the past. True freedom does not need to look for itself.
- The mind cannot see its own captive state.
- Individuals who are true masters are recognized and admired because they have found in themselves something that has never been before, something original. We are drawn to such individuals because we sense that they are in touch with something miraculous.

- We try to copy the actions of those we admire, but we do not understand the source that those individuals found within themselves that is the original expression of the qualities we admire.
- The only hope we have as human beings is that somehow -- eventually on a moment to moment basis -- new understanding pours itself into us because we have put ourselves where that new understanding is touching the world that we are in. It is then that we are original, not a copy of anything else.
- The way that you can know that you are a copy is by the extent of the anger, fear, impatience, worry and self-concern that you have.
- The punchline of the story about the young woman who was part of an archaeological expedition: "Despite the difficulties I've have encountered, the reason I am so excited is because this is my first time here, and I have never seen or experienced anything like it."
- "Here" represents what is unfolding in the now, in the present moment. If you are not aware of yourself, then you are not "here." The true present moment originates within you.
- The lower nature is always defining itself through comparison of "what is" with what it believes "should be." That is prison.
- In the story of the spiritual school, the student who was asked to take the photo of the perfect ocean wave said, "Every single wave is new. No two waves are ever the same, which means that every wave is perfect."
- You are critical of the moment, which includes being critical of yourself, because you think you know what "perfect" is. In order to really understand what perfect is, you have to be in the moment in which perfection is being revealed, and you are part of the whole revelation.
- You cannot escape yourself. You can only gradually transcend the illusion of a self that is trapped.
- There is something within us that resists the possibility of being something with no past and with no future.

- To understand the nature of real freedom, and to realize our original self, we must understand the relationship between what we are given to see and what we are given to be.
- You cannot get free in a time to come. You are free now. The more you try to become free, the more you are imprisoned by the nature that doesn't understand what real freedom is.
- Catch the nature that is talking to you about what you need to do in order to be free, and instead of agreeing to follow that part of yourself, do nothing except see what you are given to see, and let that seeing give you the original experience that you have never had before.