



SUNDAY, OCTOBER 26, 2025

The Lost Secrets of Effortless Self-Completion

Key Lesson #1: The Real Gift of Life is the grace to see that each moment - inseparable from our awareness of it - is always complete in and of itself. And further, that whenever we act as a silent witness to that revelation - quietly observing whatever new form of life is conceived within it - we too are completed and renewed, accordingly.

Key Lesson #2: There is no form of life, including our own, that isn't actualized from within, maintained without toil, fulfilled without self-anxious effort.

Key Lesson #3: Every reaction - regardless its nature - already carries within it the seed of its own completion, if we'll allow it to unfold without interference.

Talk Takeaways

- Presently you are looking to find your place in life. What you should be doing is seeing what is out of place in your life.
- Hidden within the reaction that says "Make something happen!" is the unseen belief that you will lose something valuable if you do not. The unseen fear that demands that you make something happen threatens you with loss if you do not do as it commands.

- What you cling to that you call your life is not your life. The proof that what you cling to is not your life is that you fear losing it.
- Human beings are so busy going nowhere that they have no idea that they are going nowhere. In fact, being busy all the time seems to prove that what we are doing is important.
- In the harmony of nature there is a ceaseless sacrifice in which every form gives itself to the whole, where everything receives what it needs in order to fulfill the purpose of its existence.
- We are always toiling in an attempt to preserve a life that we have imagined into existence.
- "Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? Which of you by taking thought can add one cubit unto his stature? And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these." -- New Testament
- Impatience does not exist without an anticipated outcome.
- Faith is not belief in outcomes. It is a form of trust in an invisible providence that sustains all things.
- "To those who are devoted to Me with love, I give what they lack and preserve what they have." -- Bhagavad Gita
- Anxiety and fear are born of an imagined separate self.
- Everything you need to be a happy and whole human being is given from within.
- When you resist something, you are not really aware of what you are resisting. The reaction to what is being resisted tells you what you are seeing. Resistance blinds you to reality.
- Everyone serves to show us a part of ourselves that is incomplete, unfinished.

- What we call the "moment" is the revelation of a timeless kingdom in which the relationship between what is active, passive and reconciling is always unfolding.
- Rushing is the same as hating the moment, wanting it to be as we have imagined it. Rushing is not wanting the experience of yourself.
- Instead of the demand of "Make something happen," the new prayer is "Make of me what you will." In order for something to be made new, what is old must die. In order for you to be made new, you must be undone. Be the witness to the reaction and allow it to unfold without interference.