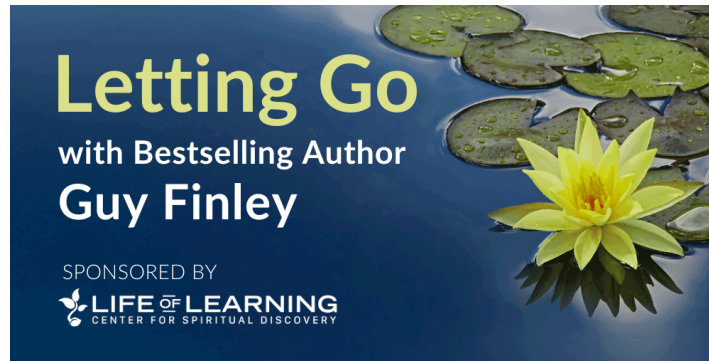




SUNDAY, NOVEMBER 9, 2025

Enter the Invisible Flow of Life and Free Yourself from the Fear of Unwanted Moments

Key Lesson: There are a thousand different ways to wrap a gift, but there's only one way to receive the true "present" moment...and that is to be open to what it has come to give you.

Talk Takeaways

- So much of the pain that we have in life is not because of what life presents to us. The pain is in our ambition to prove that we are what we have imagined ourselves to be.
- Real life is a process of discovery. Real discovery is not the enlargement of oneself. Rather, it is the realization that real life is immeasurable.
- We have a perpetual internal scoreboard that is always measuring how we are doing in the moment. It doesn't want to come out of the moment thinking that it has lost. It wants other people to know that they have lost. It is a set of eyes that measures life instead of meeting it.
- Love does not fear loss. What fears loss is something that has decided what it means to win.
- War is human beings trying to prove to each other that they are more than they actually are.

- The consciousness that believes it needs to be in control of conditions is in actuality a victim of those same conditions.
- Image and identity are a singularity. Each image of yourself has a corresponding identity, a corresponding sense of self, that comes with it.
- What we call "losing" is not having the image of ourselves confirmed. Losing is when the structure of the unconscious self is threatened. So it does everything it can to "win," to make sure the image is confirmed by outside conditions.
- The consciousness that is constantly comparing and measuring defines itself through what it wants and does not want. The want and the not-want appear at the same time, and you cannot be free when you want and don't-want at the same time.
- Our inner struggles on a daily basis mirror the fact that creation never stops changing.
- Our minds have a static image of what the moment is, but it feels like the image is moving because of the sense of self that is produced through resistance to changes.
- Our minds don't see the constant changing of things in creation. Our minds only see what they want to change. In order to see the change, we have to be part of what is changing. When you are really a part of what is changing, there is no one there who is measuring and comparing what it sees.
- If everything in creation is always changing, then what in the world is identification?
- If everything is constantly being disturbed, then nothing is disturbed. If everything is constantly changing, then nothing is changing.
- The mind defines the moment and then tries to free itself from what it does not like about its own definition.
- The new mind understands that it is always being reborn, because it is participating in life and its body of change rather than trying to control it.

- You cannot imagine what it would be to participate in change. That would be nothing but another static image. But you can be aware of the parts of you that fight with change.
- Use the appearance of the energy that is created when the active Will of Heaven stirs the passive will of earth in you, instead of trying to change what has appeared in that revelation according to your own definition of what should take place.