



WEDNESDAY, NOVEMBER 12, 2025

How to Read the Book of Life

Original Talk Date: November 11, 2015

Key Lesson: Just as a river is renewed -- each moment -- by the creeks and brooks that flow into it, so is our soul intended to be renewed by streams of Light, and all that they serve to reveal; of course... this assumes one thing: that we are empty enough -- each moment -- to receive this ceaseless flow of celestial impressions as they pour themselves into us.

Special Writing:

https://gfmisc.s3.amazonaws.com/20151111_specialwriting.pdf

Talk Takeaways

- The level above the intellect is the marriage of the intellect, the heart, and the body. It is an entirely different order of being, and as such cannot be touched by any one part, but rather you are touched when all of those parts are unified.
- You have been given the capacity to be a participant in a world that transcends all of the meaningless things human beings do everyday just to experience the sensation of themselves.
- Your sensations are not the fulfillment of you; rather, your attachment and dependency upon those sensations are the corruption of the possibility of you being fulfilled.

- The task is not to take something. The task is to discover that something is always trying to give you more than you could ever take.
- Another and higher order of being cannot be approached by a mind that seeks it in order to take something from it.
- Results seem to escape us because the nature of the seeker within us looks for results it can recognize. It wants the sensation of the Divine. It wants to feel consoled by what it creates through imagination.
- "Beauty is in the eye of the beholder." The beauty that you see does not originate outside of you. The beauty has its origin inside of an order of being that has given rise to the forms that we perceive as being beautiful.
- Beauty is the relationship between the Creator and the creation. Without that relationship, there is just a sense of self that is derived from thinking about what it sees in order to exalt itself.
- The opposites disappear when the observer is the observed.
- "A picture is worth a thousand words." This present moment is a living canvas. And the relationship that we are intended to have with it – which is that the observer is not separate from the observed – means that our life is itself an essential part of the canvas.
- We spend our lives worshipping the residue of the past, hoping that somehow we can resurrect it.
- Inside of you is a wisdom that already knows everything you need to know. But presently we are too busy being identified with a part of us that does not want space and avoids the emptiness of not knowing.
- The acronym "FOOES" from the doctor story stands for "Fear Of Open Empty Spaces."
- The only way to the perception that the observer is the observed, is through perfect stillness and emptiness. What is in that empty space cannot reveal itself to you unless you stay there long enough to realize that it is not an empty space at all.

- Stillness provides a web of relationship between the observer and the observed. You cannot be moved by something unless you are connected to it.
- The only way that you can be a part of everything -- the only way that you can "have it all" -- is if you will be its nothing. All and nothing are one thing. But something has to reflect the all -- something has to be the all, and the only thing that can be the all is the nothing. The only thing that can be filled with everything is the emptiness that receives it.
- The "nothing" that you are afraid of is actually an imagined "something" that stands in the way of the all that you could be in relationship with.
- You can't see "what is" when you have replaced "what is" with yourself. You don't have to seek "what is"; it is already there; you have to stop running.
- Emptiness requires complete sacrifice of the sense of yourself that is seeking something.
- Catch the part of you that fills the empty space with what it calls the love of something else. Agree to be the all's nothing.