



SUNDAY, DECEMBER 14, 2025

Realize the Indwelling Life of the Divine and End the Pain of Duality

Key Lesson #1: You can't escape any unwanted experience of yourself because that is the experience you don't want! The Good news is this experience of yourself is not your true Self...but, for now, it is largely the only (sense of) self you're given to know.

Key Lesson #2: The gateway to the Holy of Holies -- the tabernacle of the Divine -- is entered as the seeker awakens enough to see through and realize...there is no such time coming when he will be free as he's imagined. The moment we stop reaching for what we're sure is missing in our life -- or running from what we fear to see about it -- we stand face-to-face with the silent truth that sets us free: what we are looking for is already within what the Divine has made us; nothing more, nothing less.

Key Lesson #3: As we are, at present, we listen to our thoughts. We look at what our reactions tell us that we must attend to; and our body is filled with a host of vacillating sensations produced by this divided mind as it tries to decide which of these thoughts and reactions will best serve its conditioned need. The end of this struggle with life...is seeing it, as it is, for the first time. And the advent of this higher order of seeing marks the awakening...of Being.

Talk Takeaways

- The mind never stops thinking about the experience it is having in the moment, and its experience is the product of thinking.
- Thought is always telling us the meaning of the moment. The real meaning from the moment cannot be separated from the moment itself. The moment IS the meaning.
- The life we are seeking -- the freedom and peace we are looking for -- is not waiting for us in a time to come after we have achieved something.
- True life and your true self are a singularity. Your true nature is already fully present.
- You separate yourself from the very freedom that you are reaching for.
- Our relationship with life is meant to be one in which we are at peace with it, as well as at peace with our pain. You can't be at peace with something that you want something from.
- We have become captives of a certain kind of narrative about what we should be, how we should feel, and how life should award us. The narrative is built upon a powerful and subtle illusion: that you are on a personal journey.
- Our suffering cannot be separated from being unconsciously identified with an imagined sense of self.
- Is your experience of yourself at any particular moment the whole of who and what you are? Each sense of self -- each 'I' -- believes that it is the whole.
- There is no such thing as arriving at freedom. The nature that is always on its way somewhere wants nothing to do with that idea. The illusion is that there is some place other than here, and some time other than now in which there will be freedom and peace.
- There is no moment in time where we can be anywhere other than what we are. Until what you are changes, your experience of life cannot change. The mechanical mind never stops trying to escape from the experience of itself. Presently we do not know how to be at peace with ourselves.

- The only way to real patience with yourself and others is to see the nature that is impatiently trying to escape from the experience of itself. You alone must be the one who takes the first step into the pain of that nature, being aware of it.
- Real life is a constant movement that we are intended to be a participant in. Life is not going somewhere. It is being itself. The first order of business is to be what you are created to be. Presently we substitute being what we are with imagining what we hope to become.
- Insistence belongs to a nature that does not know who or what it is. That nature needs life to go a certain way so that its identity can continue on as it has imagined.
- The movement outside of yourself cannot be separated from the movement inside of you.
- The very life we have been trying to outrun has been patiently waiting for us to come to a stop.
- "For where two or three are gathered together in my name, there am I in the midst of them." -- New Testament -- The exercise is: Listen... Look... Sense. The task is to listen, look, and sense, all at once. If you can listen and look and sense at the same time, you can enter into and become conscious of the movement of the moment that is already taking place. You are intended to know the movement of life as yourself.
- Is there anything going on in the valley that interferes with seeing what is going on from the mountaintop?