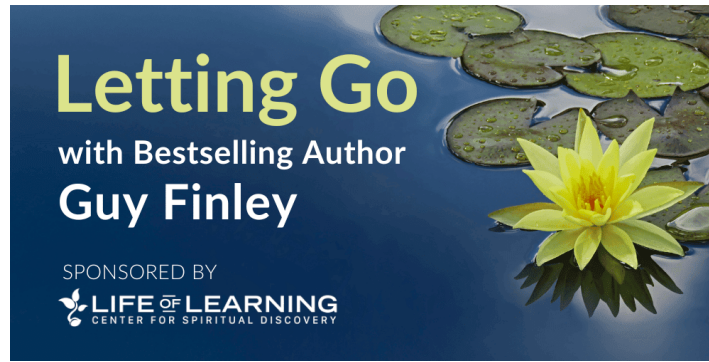




SUNDAY, JANUARY 4, 2026

Why a New Life Can Only Begin in a New Place within You

Key Lesson #1: Revelation is not a product of time, rather (it is) the sudden appearance of an impersonal, timeless awareness within us. These “ah-ha” moments do not provide intellectual answers; rather they provide, by grace, a glimpse of a higher order of awareness whose peace is inseparable from the Divine intelligence it permeates.

Key Lesson #2: What we usually call a disturbance in the present moment does not actually belong to the present moment itself — any more than an echo belongs to the voice that gives rise to it.

Key Lesson #3: The conditions required for humility are as countless as the stars, but only an act of grace can create the humility that reunites us with the Creator of their timeless radiance.

Talk Takeaways

- Within each moment is that which understands the purpose of its creation.
- The purpose of real contemplation is to give an individual, according to their willingness, an epiphany, which is a simultaneous glimpse of the opposites, revealing a wholeness that is greater than the sum of its parts.

- Desperation is born of feeling oneself as separate and apart from life.
- Nothing that you can think about is new. Everything that you think about is you deriving an identity from that relationship.
- Where does every unwanted pattern begin other than with these two words?: "Oh no." Not wanting the moment seems like a valid feeling.
- The greater our resistance to our experience, the more desperate becomes our search for a different experience.
- We are disturbed not by the moment itself, but by the nature that rejects the moment and does not want the experience of itself. Most of our lives are spent not wanting the experience of ourselves.
- How can you get negative without believing that you are supposed to be in control of life?
- One definition of insanity would be to look to an old pattern to find a fresh, new beginning. We find a temporary sense of relief and safety in the old pattern, but it ultimately proves itself to be a prison.
- The self that you want to be is not separate from the self that you do not want to be.
- The experience of yourself cannot be anything other than what it is in the moment. If you see that, then you can begin to investigate the self that does not want the experience of itself.
- We look out at life and see only one opposite at a time. We see what troubles us, but we don't see that which is troubled. Changing that which troubles us does not really change anything.
- The moment that we don't want the experience is the same moment that the consciousness creates something that it believes will change the experience.
- If I can see the opposites at once -- that it's not this, and it's not that -- then I am this that is. It is an experience that the mind cannot create for itself.

- In your heart of hearts what you want is to participate in the immensity of revelation. In that immensity something awaits that you cannot generate for yourself: humility that recognizes that you did not create that immensity.
- The immensity of revelation is peace, and being part of it is what love is.
- Hell is the belief in this or that as something that will save you in a time to come. Heaven includes the understanding that this and that do not exist without each other.
- The sense of self always creates the experience it needs to validate itself.