



WEDNESDAY, MARCH 11, 2026

Find the Missing Feeling of Life and Be Free

Original Talk Date: March 8, 2017

Key Lesson: Part 1: Humility comes only with our capacity to feel our own nothingness and, at the same time, to feel all that we are given to be.

Part 2: It's impossible to feel real life and to fear it at the same time.

Talk Takeaways

- Real life involves struggle. Real life is not divided up into parts that are a struggle, and other parts in which there is no struggle.
- In essence, the difference between emotion and feeling is that by nature emotion divides, and feeling unites.
- A true feeling is never set against anything, because a true feeling includes everything.
- Most of our lives are spent on a level that feels as if something is missing. But there is a level of our being that never feels like anything is missing.
- Judgment is the act of believing that others are not giving us something that we think is missing, something we think we need.

Rushing is the act of trying to obtain something that seems to be missing.

- Divine dissatisfaction is what happens when the part of you that knows what is true will not let you go to sleep completely.
- Every creature in existence is given a role by the Divine. All creatures in nature have a role, but they have no choice in the role. True teachings are about a human being discovering what their true role is.
- The level of consciousness that we presently live from reduces every impression -- every event -- into something that it can recognize.
- False certainty comes with emotions that fuel and validate the certainty.
- In the moment of being conscious of Heaven touching the earth in us, there is not only a feeling, but there is also understanding of the meaning of that touch.
- The syndrome from the doctor story was "Fear of living your life as love asks you to do." Everything is tainted with the fear of what will happen if you love as you are intended to.
- What does love ask of us? What love asks of us is to be the instrument of its birth. That is our true role.
- Every reaction and response is the birth of something that came along because we were touched by something.
- Our gift as a human being is to be able to take part in a conscious sacrifice of ourselves so that something new can be born.
- The only way to realize our true role is through a process of negation.
- I must first separate from myself in order to become myself.
"Whosoever will lose his life for my sake shall find it." -- New Testament

- Part of the feeling of death includes the feeling of life. The meaning of death and the meaning of life are intimately connected; they are not really separate the way that emotion separates them.
- When you are identified with emotions, you are encased within a hard shell. The kernel inside the shell is the capacity for feeling. Awareness is the light that penetrates the shell and awakens the kernel.
- Learn to feel the familiar emotional reaction, not become it. See the temptation to identify. Your role is not to be the instrument of emotions; your role is to be what those emotions move through.
- To be truly active is to be in life as part of its feeling, and to let it complete itself through you.