



SUNDAY, MAY 3, 2026

The End of All Painful Seeking Begins with One Shocking Insight

Key Lesson #1: Distractions never show themselves as empty sea-shells when the promise of their shape first catches the wandering eye. Perhaps that's why – as we stoop down, and stop to pocket yet one more weathered prize – we never really notice – let alone step into – the vast sea that has cast them onto shore.

Key Lesson #2: I always thought it was I drawn to where the river pours itself into the sea, hoping to catch a fisherman's dream... but now I understand: the river has always been fishing for me; some things take forever to see.

Key Lesson #3: We do not originate our deepest longings. We are touched by them.

Key Lesson #4: We do not suffer because we are apart from real Life, but because we have been deceived into believing that we are; seeing that we have never been apart from the Light that reveals this truth... is the same as returning to where we never left.

Talk Takeaways

- We keep reaching out into the world for what seems to be missing because we are not at peace with ourselves as we are.

- Whenever we are looking to distract ourselves, there is an unseen hope that we will find a lasting refuge of some kind. We are hoping to find some kind of relief from feelings of dissatisfaction.
- The nature that feels dissatisfied and incomplete will find ways to create dependency in others so that it can feel momentarily significant.
- We seek new relationships because we want to be part of something greater than ourselves. But the nature that seeks outside of itself does not really know what greatness is.
- What if all of our painful seeking is due to a massive misunderstanding about our nature? Part of the misunderstanding is the belief that there is time and distance between us and what we perceive to be outside of us.
- We cannot bring an end to a movement that we did not start. We do not originate our deepest longings. Those longings cannot be fulfilled by the self that believes it is the source of them.
- The part of us that is moved believes it understands what has moved it, but the actions that it takes to complete itself are outside of the whole of the movement.
- There are no questions in a moment of revelation in which the observer and the observed are one. The questions arise from the divided part of us that separates itself out from what it observes and seeks to control it.
- The real longing is to be a part of the greater life that you are never apart from but believe that you are.
- We are convinced that we must do something in order to bring an end to what we don't want.
- You will not be able to give up what you call your life until you are able to see that what you seek outside of yourself will not complete you.
- What did the Prodigal Son actually leave? What he left was the awareness of the relationship with his Father. It is the field of awareness that we return to.
- Catch the many ways that you seek refuge from what your mind defines as the cause of your pain.

- The moment that you see something that you don't want to see, you immediately gravitate towards what you think you need to be.
- The spiritual lesson hardest learned, is that what you have borrowed must be returned.