



WEDNESDAY, MAY 13, 2026

Awaken the Timeless Individual that Lives Within You

Original Talk Date: May 31, 2017

Key Lesson: True patience, the seed of being consciously kind, begins with the interior work of never forgetting the following: what someone else does, whatever the nature of his or her action, has no authority over who you are.

Talk Takeaways

- As goes your attention, so comes your experience. Hidden within that one idea is the entire path.
- We are caught in a consciousness that is in an unseen collision with its own content. We are caught in a world that has a million explanations to justify its negativity.
- Anything outside of you that is blamed for your negativity has authority over you. Inside of you is something that nothing in the universe has authority over.
- "One of the marvels of the world is the sight of a soul sitting in prison with the key in his hand." -- Jalal al-Din Rumi
- We have come to a place in which all we know is the pain that we don't want, and the pleasures that we pursue.

- The punchline of the short act was, "Stop watching what is making you miserable."
- Everything we see is within us, but we presently have no relationship with that order of our own being.
- In the moment of a disturbance, we attempt to change what is blamed for the reaction, instead of changing what it is that we are attending to.
- Nature's interest is that it protects itself. We are essentially agreeing to be made into that self-protective nature whenever there is no awareness of it.
- You are never further away from being a true individual than when your sense of 'I' is the by-product of a passive reaction to an event.
- Catch the negative state that says to the event, "What do I make of this?", and instead of going along with that line of thought, turn around and say inwardly: "What 'I' does this make?"
- If you work with the exercise -- "What 'I' does this make?" -- you will step out of the world of passing I's, and into a world where there is an I that never passes. You will stop falling under the authority of every thought that passes through your head.
- Sitting with your attention in repose means that you do not give it to everything that comes along to claim it.
- You cannot separate your unwanted experiences from the way that you give your attention over to reactions. You are made into the image of what it is that you give your attention to.
- You can't know the 'I' that is being made in you unless you can observe it from an 'I' that was there before what was being made. There is a pure awareness that is capable of observing every 'I' that comes up in you.