



SUNDAY, MAY 24, 2026

How to Enter the Endless Fields of Freedom

Key Lesson #1: A small mind is filled to overflowing by its love of little things.

Special Writing:

Whose Eyes Are These?

Whose eyes have a heart?

Whose heart can see what fills it,
Or where it ought not tread?

Whose mind has a heart
That knows without taking thought
A Life not bound by space and time?

Who sees what can't be seen:
How blind can be heart and mind
...Without blinking an eye.

Key Lesson #2: All forms of psychological suffering are rooted in a single cause:
mistaking the part for the whole.

Key Lesson #3: To see each moment as the altar of life, and to make every action
an offering is not just to remember the Divine, but to ask and receive - at the
same time - the blessing of returning into Its timeless Life; and wherein, by Its
eternal Light, we see that we have never been apart.

Talk Takeaways

- What we see outside of ourselves as separate objects are connected and never not touching one another. Everything that exists affects everything else.
- All of creation is in constant labor, because there is never not something being born. Spiritually speaking, we don't generally understand the suffering that is inherent in the labor of birth.
- Pain is a mistaken love for something small that promises to love you back if you give yourself to it.
- All true teachings, East and West, point to the existence of inter-connected fields of consciousness that contain higher and higher possibilities.
- "Out beyond ideas of wrong-doing and right-doing there is a field. I'll meet you there." -- Jalal al-Din Rumi
- An epiphany is a union between an individual and a field of consciousness that has always been there, but that he or she had not been aware of the moment before.
- You feel alone because your attention collapses onto what you believe will bring an end to the sense of feeling isolated.
- Desire which seems to present possibilities is actually the limitation of them.
- The unattended mind collapses all possibilities down to a single pain.
- The mind keeps trying to escape from what it creates.
- The mind chooses what it attends to and then reacts what it is attending to, which is a collapse into the content of itself.
- Unseen, unconscious resistance remembers how the moment shouldn't be. The mind does not want the very thing that it has remembered, and then struggles to be free from what it doesn't want.
- Possibilities shrink in direct proportion to the level of identification with a reaction.
- The more that you are attached to what you believe will set you free, the more fear there is that you will lose it.

- A reaction is not to the actual event. The reaction is to what the mind says the event is. The mind reacts to its own memory.
- The work is to remember the tendency of the mind to identify with reactions. The work is to see the mind closing down on the thing -- the thought, the memory -- that it doesn't want. The work is to see the mind reducing the whole of the moment into a fragment.
- The task is to catch the contraction. The awareness of the contraction belongs to another field that is more whole and that understands the nature of the contraction.