



SUNDAY, MAY 31, 2026

Lights Along the Way to a World without Worry, Anger, or Fear

Key Lesson #1: Participating in the revelation of creation is the entrance into the realization of God's life, paid for by the sacrifice of the lower self.

Key Lesson #2: Consciousness registers the waves of sound and light that pass into and through it, but waves do not create the ocean; they reveal it. What moves into and through consciousness does not create Being, but rather reveals (a) Presence that precedes it.

Special Key Lesson and Summary of Insights:

https://gfmisc.s3.amazonaws.com/20260531_specialwriting.pdf

Talk Takeaways

- Spiritually speaking, the very action of looking for something often separates you from what you are looking for.
- We live in a world that exceeds our understanding of it.
- If a tree falls in the woods and no one is around to hear it, does it make a sound? Can there be a sound without an ear to hear it? And can there be hearing without the awareness of it? Hearing does not exist apart from relationship. Everything is a relationship.

- Nothing exists in creation without the consciousness that experiences it. The observed does not exist without the observer. The observer and the observed are one thing. Presently we believe that the "me" that sees is separate from what it sees.
- What does it mean to see? If you really knew what it meant to see, you would not be struggling with what you see.
- There exists within us a witness that does not belong to either side of the opposites, but is aware of both simultaneously. Without a witness, nothing can be known.
- Your reaction to someone seems to be proof that you are aware of that person. But the reaction is not awareness.
- Consciousness is the stage on which everything plays out and from which arises the experience of relationship. But awareness of consciousness is another story.
- Consciousness is not aware that what it is experiencing is itself. It is through awareness that we understand the nature of consciousness.
- "Being" is there prior to anything that moves through it.
- When you have a reaction, are you AWARE of the reaction, or do you BECOME the reaction?
- Ancient teachings have always pointed to the fact that the observer and the observed are a singularity, and that there is something in you that can SEE that they are a singularity.
- The witness is untouched by what it observes. The witness does not judge what it observes.
- To what end is beauty without a witness? When you see beauty, it is just for you. The beauty is for the eyes that see it.
- Awareness produces humility, because through awareness you understand that it is not "you" who is aware.
- Existence itself longs to be known. We are seeded with the longing to know what it is that put us here and gave us life.
- The fact of attending to your own mind means that you understand that your mind gets into trouble when left unattended.
- You cannot be looking for something and see at the same time.