



SUNDAY, JUNE 7, 2026

One Simple Practice to Help You Be at Peace with Who You Are

Key Lesson #1: Don't look back, nor ahead. Peace can't be made, let alone seen with eyes blinded by time. Patience and conscious suffering travel in unseen lockstep, together... or not at all. Only the foolish look for one, and away from the other.

Key Lesson #2: A mind in pieces seeks peace in pieces, which is why it can never find it.

Key Lesson #3: There is no other side to the pain we are in... which means we can stop rushing to find it!

Key Lesson #4: Be *where* you are, with *what* you are, and exactly *as* you are in each moment.

Talk Takeaways

- We seem to be at peace whenever we are getting what we want, but anything can interrupt that kind of peace.
- There is never a moment when you are not being given what you need, but you have to want to receive what you are being given.
- If you are thinking about how to face a moment outside of what is practical, you are lost.

- Whatever it is that you rush to get away from... follows you wherever you go.
- You are never where you are. You are always wanting to move away from where you are.
- Your own mind is at war with itself, and it will remain at war with itself until you see the conflict that it creates as it tries to get away from where it is.
- Worry is you wanting to get through a moment that you believe should not be happening to you.
- If it is impossible to escape the experience of yourself, then why do you believe that another time, place or situation will bring you peace?
- If there IS a way to bring an end to what you are experiencing in this moment, it is not in a time to come. You are always in the only place it is possible for you to be.
- We want to change what we are experiencing only because something in us says that we should not be experiencing it.
- We become impatient because we are trying to get to the other side of the pain that we are in. Impatience is the attempt to get away from yourself.
- We are identified with a consciousness that always feels like it is behind, or that it is missing out. As a result we feel like we have to rush.
- The idea of a better "place" represents a better experience. You've been looking for a better experience your entire life, and all you ever experience is looking for it.
- The impatience that you feel does not belong to you. It belongs to something that has decided what it wants and doesn't want, and will therefore resist any moment that does not give it what it wants.
- Impatience is an unseen form of prison that disguises itself as the way to freedom. Impatience creates psychological time.
- "In your patience possess ye your souls." -- New Testament -- The original meaning of "patience" connotes the idea of "suffering yourself."
- The self that you need to suffer is not really you, which is what you need to see in order to be willing to suffer it.
- Anxiety is the imagined loss of something that you believe needs to stay in place.