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Everything You Need to Know About Observing Yourself, Remembering Yourself, and Attaining the Next Higher Level of Being

Original Talk Date: July 22, 2015

Key Lesson: To identify with even the brightest star is to lose sight of the boundless heavens within which it shines... without whose vast tracts of darkness would no celestial light be seen.

Talk Takeaways

- Every epiphany broadens our understanding. The more understanding there is, the quieter we are interiorly. Higher understanding is about introducing you to a higher order of being.
- The depths of the ocean are not disturbed by what takes place on the surface. What is deep within you is not disturbed by what takes place outside of you.
- The Work cannot give to you anything more than you give to it. The Work is an expression of another order of being that is attempting to bring into human consciousness the awareness of itself.
- The higher order of being -- higher order of 'I' -- cannot be tempted into identifying with any thought or feeling, because its very presence does not allow it.

- What else that ceaseless churning, but self turning around self, enthralled with the sensation of falling from grace.
- There is no contradiction between being watchful and at the same time living from something that effortlessly says "No" to anything in you that is about to identify with an impression.
- What we presently call being "watchful" is resisting (not wanting) what we see in ourselves that we don't like. What is truly watchful understands the nature that can't help but resist everything.
- Watchfulness is being actively passive to the appearance of any mechanical reaction and its attending false 'I', that by its actions is attempting to reconcile itself.
- Every creature that exists has a job that was assigned to it by what created it. This is true of human beings as well, but we also have another task that is altogether different from creatures in nature. We have a spiritual responsibility.
- The world that you see and the nature that sees it are one thing. The nature that can be aware of that belongs to a completely different order of being. That awareness is, in fact, a level of being itself.
- Our problems are the result of all the laws that we live under, which are generated by our own unconscious mind. Humanity is not aware of the fact that it is struggling under the weight of self-induced laws. Where there are less laws, there is more freedom.
- The higher level of being will never be satisfied with being "you" as you presently attempt to be.
- What is handed to you as the way to escape from a disturbance cannot help you get out of it. What you are handed is in actuality the continuation of the disturbance.
- A reaction is nothing but a memory. When the reaction becomes active you believe that it is you, but in fact you have become passive to the activity of a memory.

- In being actively passive to the reaction, watchful, you are aware of the temptation to identify with what you have always called "yourself." Then your happiness does not depend upon satisfying an identity.
- Unnecessary suffering is the product of a nature that must identify with something in order to know itself.
- There is a level of being that is inseparable from the revelation of the moment.