



SUNDAY, JULY 26, 2026

Learn to Look into the Mirror of Life and See Your True Self

Key Lesson #1:

By grace we may be assured we will get to see – as many times as it takes – any part of ourselves that we don't want to see.

Key Lesson #2

If the way we experience any given moment is only as seen through the lens of our habitual reaction to it, then whatever we see unfolding before us begins to look like the cause of how we feel, and the hammer always finds the nail it's looking for!

Key Lesson #3:

Whatever level of creation you may consider, if we look closely enough, what do we see? Everything in existence is for and against everything in existence...at the same time. Creation is inseparable from this ceaseless interaction, and celestial reconciliation of what seems to be opposing forces.

Key Lesson #4: Life is not a machine whose movements we can adjust to better serve our expectations, especially when we feel they have been denied. Real life is an organism, and we are -- our life itself – is inseparable from (that) creation.

Key Lesson and Summary:

We are not searching for an altered state of consciousness, rather to realize consciousness itself. We are not trying to manufacture out of our time on earth a better experience of life; we are working to realize that our true Self is a divine mirror in whose awareness arises every experience, and back into which it returns.

When the mirror is no longer mistaken for what it reflects, the illusion of separation begins to dissolve. We discover there has never been a divided life—only divided perception. And in that timeless light, the observer is seen, the struggle subsides, and consciousness quietly recognizes itself.

Talk Takeaways

- Pain always finds the blame. Pain looks for something to blame outside of the consciousness that cannot escape from itself.
- We are predisposed to blaming the experience for the pain, instead of seeing that the reaction to the experience IS the experience.
- "I don't deserve this" is the general feeling behind any reaction that blames the experience for the pain that you are in.
- A reaction cannot see anything other than what seems to be for or against it. A reaction cannot see for and against at the same time.
- There is no conflict in nature that does not serve the greater cause of perfecting creation.
- You are never more certain about who you are than when you are for something or against something.
- All reactions have the same cause: something that is active meets something that is passive. We live in a sea of active forces and their corresponding interactions.
- We presently believe that strength comes from identifying with a strong reaction. But identifying with any reaction is weakness itself.

- The nature that is passive fears the active force that acts upon it. In order to protect itself, it names the event, and then opposes the very event that it has named. The name it gives to the present moment comes from past experience. The naming of the event creates a corresponding self that knows the meaning the moment.
- Implied in any judgment of another person is that he or she ought to be more like you. The nature that judges thinks that it is looking at something other than itself.
- When the event is named, the perceived problem never comes to an end. Rather, the naming of the event is the beginning of problem as well as the self that fights against it.
- The mind produces an endless number of escapes in order to convince you that you are not in prison.
- The greatest mirror of all is consciousness itself, which never moves as it silently reflects and reveals everything that passes into and in front of it.
- "Forever is composed of Nows." -- Emily Dickinson
- The Kingdom of Heaven is an order of reality in which the observer and the observed are not separate things. Whereas the lower level of consciousness creates the separation that it is compelled to overcome.
- Everything in creation is inseparable from the Creator.
- In the exact same proportion that something in life is opposed by a part of you, the organism of life itself will oppose back in turn.
- There is no such thing as a divided life, only a divided perception.
- Catch the strong sense of self that follows a strong reaction.
- If you are not the 'I' that is created by a reaction, then who are you? Who you really are is that which sees the reaction creating 'I'.