



SUNDAY, AUGUST 16, 2026

What's Keeping Me from Being at Peace with Life?

Key Lesson #1: Until we can withstand uncertainty without escaping into explanation, fantasy, or any other familiar form of psychological avoidance, we cannot discover what lies beyond it.

Key Lesson #2: We cannot be at peace with Life as long as we refuse to play our part in its timeless movement.

Key Lesson #3: As we realize our true Self, and become aligned with the movement of its Divine nature, we enter into the peace of being all at once... ALL that we are; wherein there is no movement that isn't the reconciliation of all that is involved in its revelation.

Key Lesson #4: To see the beginning of things is to see there is no end (to them). To see there is no end to beginnings is to enter a peace beyond understanding.

Special Writing: A Small Glimpse into the Bay of Heaven (As Above, So Below)
https://gfmisc.s3.amazonaws.com/20260816_specialwriting.pdf

Talk Takeaways

- For all of the possessions that we have, we do not have peace. You cannot possess real peace, and yet you can never lose it.

- What deceives you into seeking peace promises peace in a time to come after you have obtained what it has prescribed. We become obsessed with the peace that we imagine is coming.
- "You will look for me, but you will not find me; and where I am, you cannot come." -- New Testament
- "People will stagger from sea to sea and roam from north to east, seeking the word of the Lord, but they will not find it." -- Old Testament
- "Without going outside your door, you can know the whole world. Without looking out your window, you can see the way of heaven. The farther you go, the less you know. Therefore the sage knows without traveling, sees without looking, and accomplishes without acting." -- Tao Te Ching
- "No man ever steps into the same river twice, for it is never the same river and he is never the same man." -- Heraclitus
- You fight with life and with other people because you are identified with the particular, and therefore cannot see the whole. Where there is identification, there is division.
- You do not see a world of movement; instead you presently see a world of things. The mind reduces the movement of life into a single action so that it can maintain the illusion that it has control.
- The experience of not wanting to be stuck is what has you stuck. You are stuck in the experience of not wanting the experience of yourself.
- You can't lose control of something that you never had control of to begin with.
- The movement that you imagine will deliver you from your misery is the very source of your misery.
- You will never find a life in which you will not encounter a current that runs counter to the path that you have imagined for yourself. Where did you pick up the idea that you will one day find a life without suffering in it?
- If it is true that we will always meet life's counter-currents, then we need a new understanding of what peace is. Counter-currents reveal a nature that has already decided how life is supposed to move. Life cannot move against itself.

- Pride comes in when the mind makes an object out of something you have done.
- Thought moves, sensations stir, feelings appear along with sensations, memories seem to appear out of nowhere -- everything moves -- but for us presently all of these movements are a problem because the mind expects something else.
- The seeker looks downstream for the peace that is being imagined. Rushing is the attempt to close the distance between you and the peace that has been imagined.
- The next time you feel stuck, remember that it is not life itself that is stuck. Make a short list of places where you feel stuck. The self that feels stuck is not aware of the whole movement of life. The moment that you believe has trapped you has already gone by.
- A complaint is the mind stopping life and fighting against a static image of its own making.