



FRIDAY, AUGUST 28, 2020

Take Meditation to the Next Level

Key Lesson: Part 1: Just as the sun consumes her own substance as fuel, transforming matter into life-giving light and heat, so too are we created to consume ourselves; to transform the base aspects of a separate self - the many conflicting characters inherent in our divided consciousness - into a single, higher form of energy that, in turn, enlightens, enriches, and uplifts all of humanity.

Part 2: It is in the nature of every true human being to aspire; too long for, and to realize all that remains hidden within us; and by our Divine right to reach beyond the known...to establish ourselves in the firmament and freedom of ever-successive heights.

Talk Takeaways

- Special Writing: "Only the Holy"
https://gfmisc.s3.amazonaws.com/20200828_specialwriting.pdf
- There is an inescapable wish to be free that cannot be satisfied by conditions. And no one is free who is attached to an image.
- Part our work as an aspirant is to allow the flowering of the Divine dissatisfaction that we feel.
- No one part of us can bring peace to the whole of us. Only wholeness can answer the conflict and suffering we all experience in living as we do from a divided consciousness.

- Only what is whole -- which already dwells within us -- can reveal whatever may imagine itself as being outside of the Holy. Within the Light of this wholeness lives our hope.
- Meditation is a conscious relationship with the whole of all that is living in the now.
- We all want more than a superficial spiritual life that can be blown away by any passing condition.
- Real peace can't be disturbed.
- We need to understand that the real process and practice of meditation is not one in which we are trying to produce an outcome.
- There can never be true silence without acceptance. The greater the acceptance, the more that silence is revealed as having always been there.
- There is no learning to accept the moment without also learning to accept ourselves as we are.
- Just as true emptiness holds all things, true silence bears all things.
- True silence is an interior presence, and not an exterior circumstance.
- There is no silence in ambition. There is no silence in seeking peace according to our image of it.
- Nothing that appears within a quiet mind remains there. Everything comes and goes.
- Real meditation allows for the movement of all things, but that meditative mind is not moved by anything that passes through it. Awareness allows for every possibility, but it is never defined by that which it is aware of.
- Perfect emptiness is perfect possibility. Perfect silence is perfect possibility.

- The idea of achieving freedom through prayer or meditation does not exist without the presence of something that feels itself to be in captivity.
- Freedom must come before the action of mediation. No one is free who is desperately looking for something to complete him or herself.
- If we wish for the presence and peace of true silence, then the great necessity of solitude must be evident to us. To be in solitude means to be alone, to be all-one with the moment.
- We can't be in a state of unity with the moment and want something from the moment at the same time.
- At the heart of genuine meditation is a surrender, an acceptance.
- A living mediation will often include leaving the comfort of the consciousness that is consoled by the known.
- Meditation is the fulfillment of the moment, not looking for a moment to fill us with what we want.
- The beauty of any real revelation is that it requires no outside confirmation.
- This is OUR heart, OUR mind, OUR consciousness. This is why compassion and the capacity to know what someone is feeling is possible.
- We're here to die to the divided level of consciousness that is ceaselessly trying to protect itself.
- Any image that we have of freedom binds us to the conditions that we believe are necessary in order to achieve that freedom.