



SUNDAY, OCTOBER 18, 2020

Transform Your Fear of Feeling "Empty" into the Fullness of an Awakened Life

Key Lesson: Part 1: We cannot "make" things whole any more than the moon makes itself full by its own light. Rather our work is to serve as a witness to life's ceaseless, concurrent appearance of fullness and emptiness and, by so doing, to unite (within us) the awareness of Timeless consciousness with the experience of its own creations living in time.

Part 2: To see that so much of the stress, sorrow, and regret that fills our life has its root in the mistaken choices we've made to avoid the feeling of being "empty," is to start seeing the possibility of using that same fear to free ourselves from it!

Talk Takeaways

- Special Writing: "The Great Gift of Emptiness"
https://gfmisc.s3.amazonaws.com/20201018_specialwriting.pdf
- What our mind calls an "empty" moment is really a moment in which we are full of resistance, full of ourselves, full of negative conclusions about what the moment means.
- The world wants nothing to do with humility; it worships appearance and power.

- Moments that feel empty are a blessing because they reveal the imagined life we have been living.
- Ambition is the attempt to fill a sense of emptiness that in reality cannot be filled by anything that the world offers.
- We are not trying to gain knowledge; we are trying to open our eyes.
- Ultimately, most of us live in some kind of conflict with life, suffering through it, because we grasp after powers and possessions we've imagined as being fixed, as substantial.
- There is no such self as we've imagined ourselves to be, let alone that must be protected at all costs.
- We live within, and are a part of an ineffable, inexpressible reality whose ever-fluctuating flow can never be grasped, let alone channeled or controlled.
- Without emptiness there is no flow. Emptiness and fullness are a river.
- A sense of emptiness is an invitation to another kind of fullness that the mind doesn't know about.
- There is no such thing as the grace of fullness without the grace of emptiness.
- Most aspects of our lives are about making sure that nothing interferes with the fixed images that we have about ourselves and about life.
- We must work to be present to any sense of emptiness that seems to come over us in an unwanted moment.
- There is nothing in the universe that can interfere with the flow of your real life. Anything that seems to interfere is part of a deception.
- If we want to be free we have to let emptiness be. Moments of emptiness are not enemies.

- Life fulfills the very emptiness that it reveals.
- Whenever we are resisting the moment, we are outside of the flow.
- Allow emptiness to show you that it is a Divine womb of higher possibilities. Stay with the emptiness; it is part of the fulfillment of the soul.
- The sleeping self always has a destination, which is always towards something that it believes will confirm itself.
- Watchfulness, Awareness, Presence... these things are the same as perfect emptiness.
- Before you can flow, you must let go.
- The attempt to empty yourself is the same as filling yourself with more of yourself. Don't try to empty yourself; instead see the part of you that is afraid of emptiness and tries to fill it.