



WEDNESDAY, NOVEMBER 4, 2020

The Wisdom, Power, and Perfect Safety of a Silent Mind

Key Lesson: Learn to be still and listen: the less you have to say about life, the more Life will speak to you, and start telling you things that ears can't hear, showing you things the eyes can't see, and taking you new places beyond anything you can imagine.

Talk Takeaways

- Resistance is bondage. "Not wanting" is a form of bondage that can't be separated from its opposite of "wanting."
- Within every imagined want is contained the fear that what we want will not come.
- There is another order of our own being that cannot be made less than it already is.
- Silence is not just the lack of sound, but it is backdrop and foundation that allows for all forms of communication.
- Without silence there can be no revelation. Silence is a higher order of communication.
- When all of our attention is given to what we hear or see, then we are given back something that can be given in no other way. In that attentive state there is a unity that is not in conflict with the moment.
- Revelation is a relationship between what takes place in the world (and therefore in us), and what our consciousness is aware of.

- We are conditioned by the world to avoid silence at all costs. The fear of silence tells us to try to control conditions so that we don't have to experience any moment without something that occupies us.
- We don't really know where else to look for contentment other than in our own thoughts.
- Everything that this lower consciousness imagines that we need to bring us peace is the source of its next pain.
- The "presence moment" is the moment where life acts and brings about a revelation, where we cannot separate what we are aware of from the consciousness that is aware of it.
- We presently believe that what we see as being the cause of our experience is separate from the one that is experiencing it. But in reality the observer and the observed are not separate.
- We are intended to be a delicate instrument that reflects every moment and is aware of the reflection. Within that relationship there is nothing to want.
- Silence is not an option to the self that is suffering from the identification with its own thoughts. That self does not know that silence is the refuge it is looking for.
- Going silent is not about getting away from or avoiding what we are experiencing; it is an inclusive state that does not resist anything that passes through it.
- Learn to see yourself seeing; learn to feel yourself feeling, to sense yourself sensing. When you see yourself seeing, there is no division between the seer and the seen.
- Next time you feel a disturbance, a strong contraction, go silent for just a second, at least, and see yourself seeing. Instead of being identified with the storm, see that the storm is inseparable from the consciousness that is creating it.

- In unity there is no attempt to become something.
- The frantic movement of the mind can never lead to freedom or peace. We bring an end to our dependency upon thought by allowing thought to be brought into awareness.
- It isn't that we stop having wants and preferences, but if we can be fully present, undivided, then we can determine in that light what serves us and what does not.
- A truly conscious action that does not harm others is inseparable from revelation.
- No one tries to punish another person who is not already being punished by his own level of consciousness that he is unaware of.
- We have the capacity to create, but who we really are is always being created.
- In true meditation there is a part of us that does not try to take something from the moment.
- It is exhausting to think about ourselves. That alone should be enough for one to begin looking sincerely into what is going on.