



SUNDAY, JANUARY 3, 2021

Welcome this New View of Life and Realize a Whole New You

Key Lesson: Into what do we gaze when looking through a telescope or microscope...other than into the yet discovered depths of our own mind? For whatever world we explore - inwardly or outwardly - what is it we uncover there...other than a corresponding knowledge of it; and, if this is true - which it is - then where does this new - yet (evidentially) regained - higher level of understanding actually dwell? It awaits us within a timeless order of (our own) consciousness awakening to itself, and becoming newly self-aware.

Talk Takeaways

- If the Kingdom of Heaven is within, then why can't we see it and why can't we enter into it? The Kingdom of Heaven is another level of consciousness that can't be seen with physical eyes, and there is no awareness of the Kingdom of Heaven when we're filled with resentment, ambition and anxiety.
- There must come a point in our spiritual work where we understand that we don't understand anything.
- All of creation is a wave of time that appears out of something timeless. Everything that is visible that appears in creation comes out of something that is invisible.

- "I am the vine, and ye are the branches." The vine is what gives life to the branch. This is the same as saying that everything that appears in creation appears from the inside-out.
- An unwanted moment feels like a wave that should not be there, but there is no such thing as a wave that is outside of the whole.
- Every wave that comes to us is a specific expression of the whole. Everything that we do to get rid of the wave that we don't want actually increases the strength of the wave that we try to avoid.
- There is no such thing as a wave that can frustrate who and what we really are. In fact, who and what we really are uses each wave as an opportunity to become aware of the whole of the ocean.
- Identification is believing that a single wave is the whole of the ocean.
- What we don't like about a moment is not just the moment alone. What we don't like about an unwanted moment is what it reveals about us, and the condition is not separate from the revelation. The condition and the consciousness that perceives the condition are one thing.
- What we see unfolding in the world can't be changed by the consciousness that doesn't want what is happening (the consciousness that resists what is happening).
- In moments of any disturbance, the first task should always be the same: to allow the revelation in the moment to have it's full flowering and to fulfill its purpose.
- What matters most in each moment is the work of attending to what we ARE, as opposed to attending to what we WANT.
- How do we merge with the moment? The only way to do it is to see that we have never really been apart from the moment. We can see what is revealed when we stop fighting with the waves.

- Practice settling into each moment "as it is meant to be." To reject the revelation of "what is meant to be" is to reject the reconciliation.
- Real remorse is connected to realizing that we are not who we thought we were.
- The more quiet the mind becomes, the more we realize that we were never apart from what we formerly believed was outside of us.