



SUNDAY, MARCH 21, 2021

7 Simple Practices for Realizing Your Highest Spiritual Possibilities

Key Lesson: We have no greater Friend in life than that small part of us that loves what is True. The more we are able to recognize and honor the fact of this matter, the more powerfully does this interior Friend step forward... And prove to us the value of our love for it.

PDF of the “7 Simple Practices”

<https://gfmisc.s3.amazonaws.com/Guy-Finley-7-Simple-Practices-for-Realizing-Your-Highest-Spiritual-Possibilities.pdf>

Talk Takeaways

- Thought cannot touch what is spiritual. We are meant to be connected to a much broader and more profound world. All true teachings exist for the purpose of awakening and developing the part of us that can participate in this broader world.
- Without knowing it we look for our possibilities in the past. What the personality wants and pursues does not serve the soul.
- The physical body cannot transcend the set of possibilities that it was given, but within us is a celestial seed whose possibilities are not limited. This celestial seed requires the light of another order of awareness, another kind of energy, in order to develop.

- Every thought that we entertain — that we give our attention to — is the same as a prayer, a request, a practice.
- Spiritual exercises are not intended to make us feel good or to confirm ourselves as a certain kind of person according to an image. They are intended to bring us into a relationship with an intelligence that reveals ourselves as we are.
- The development of the soul comes at the cost of the personality.
- There is no such thing as a bad fact about yourself, which means that anything that rejects a revelation is not part of who you really are.
- Who you really are is never the same.
- Every one wants to grow, but nobody wants to be wrong.
- Take the step you are sure you can't. For instance, stop consoling yourself. Food is consolation. Gossip is consolation. Complaining is consolation. Having an enemy is consolation.
- Something in us would rather think about a problem than see it.
- Learn to ask for and see the wisdom in correction, which includes seeing the lower part of us that rejects correction and revelation.
- Having an image is also an expectation. Expectation involves comparison. And comparison is conflict.
- Any image that we have of a future that is full of promise is our prison.
- Do the work and understanding will come to you. You must do the work, and THEN you will hear.
- The only thing that labeling ourselves does is to give us something to be against.
- Always seeking to be comfortable is the avoidance of discomfort, which is the same as the avoidance of revelation.
- We don't know what else to do with pain but to think about it, analyze it, try to resolve it so that we never have to go through pain again. The pain won't go away because we resist seeing that it was never our pain to begin with.

- We change ourselves by seeing ourselves as we are. How much can we take of seeing ourselves before thought steps in?
- The awareness of the conflicted level of consciousness is its redemption.
- The condition that you want to avoid does not exist outside of the consciousness that creates the condition.
- Do not seek anything other than greater clarity.