



WEDNESDAY, MARCH 24, 2021

Being Content and at Peace with Yourself in the Time of Covid

Key Lesson: Part 1: There is an order, an unshakable peace we can know...but only if and as we agree to its Presence in us. And when we are aligned with its “place” in Time, everything is done for us, exactly as it should be, in its time.

Part 2: One cannot create clarity; it can only be seen as already in place.

Special Writing: “Stop Running and Start Living”

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Talk Takeaways

- The kind of change we are seeking always starts with a feeling whose origin is a mystery. The change does not begin nor come about through thinking.
- The healing power of what is true requires a surrender to what it is showing you about yourself.
- Our present way of living involves investing our happiness and dreams in the idea of a better tomorrow, so that we don’t live now, but hope to live. This is

putting our time and energy in the wrong place. As goes our attention, so comes our experience.

- When our hope is in things seen, then so is our sense of self dependent upon things seen.
- In the Now there is no separation between the observer and the observed. That is where beauty is. That consciousness already exists and is available for all to participate within.
- The observer who believes that he is separate from what he sees is always measuring what he sees in terms of something that is wanted or not wanted, good or bad.
- The Living Now cannot be known by our senses. It is a Presence that we are created to understand and experience. It is within and above us, but we don't presently know how to reach it.
- What we are really looking for is the Living Now, but we cannot find it by looking for it.
- At any given time, we are "here" in a physical place, but at the same time we are also "here" in a psychological place. One is visible, and one is invisible. The real here and now is a marriage of these two places. The visible and the invisible are not disconnected the way our mind perceives them.
- Being content is seeing the whole and being whole, not trying to possess and put together the individual pieces of the whole. We cannot possess wholeness according to an image of what wholeness is.
- When you reach the point where you think you have surpassed your ability to attend to the moment, that is the time to stay.
- The self that wants to get rid of conflict is the conflict. The self that is trying to escape itself is keeping itself a prisoner.
- Don't talk to yourself about bringing an end to a condition that has been created by talking to yourself.