



WEDNESDAY, MAY 5, 2021

Freedom from Anxious Thoughts And Feelings Starts Here

Key Lesson: Peace of mind is not some “place” we can rush to; fullness of heart is not a possession to be claimed. We can only realize that these Divine gifts – of a quiet mind and overflowing heart – have already been given to us: an interior discovery which may prove to be most difficult thing we will ever agree to do in this life.

Special Writing: "Such a Strange Religion"

https://gfmisc.s3.amazonaws.com/20210505_specialwriting.pdf

Talk Takeaways

- Even with all of our rushing and doing and struggling, nothing real changes.
- There is always a feeling in a divided consciousness that there is a distance that must be spanned before it can be at ease.
- In reality there is no distance between you and the “I am” that always is, between you and peace, between you and what is perfect.
- A part of us creates the idea that it is missing something and then fears that it will never achieve fulfillment.
- There is no need to close the distance between you and reality. There is no distance between you and reality. Psychologically speaking, the idea that you must close the distance between yourself and what you think you need is an illusion.

- We live in a physical world of the senses, and at the same time we live in a world that is aware of the physical world.
- What we all really want is just to be at peace with ourselves.
- Freedom does not exist later. The Divine does not exist apart from the consciousness that reflects it.
- Any thought that says you must go somewhere, get something, in order to be content is a lie.
- You don't have to close the distance between yourself and the wisdom that releases you from servitude.
- When a true teaching comes into this world, it is no different than a flower blooming, and if you miss the flower blooming, then you miss the purpose of life.
- There is no moment that unfolds that does not reveal the Creator.
- There is an immense difference between "I want" and "I am." A "want" is an image created by the mind, which it then chases after in order to achieve the peace that it believes the "want" will fulfill.
- In the middle of a "want" appearing, instead of being fascinated by it and allowing it to move according to its will, be aware of and feel the "want" and remember that, up until now, you have served it your entire life.
- The false self lives in the constant desperation of avoiding anything in life that has the potential to reveal that it is not what it believes itself to be.
- You can never make an image real.
- Everything that is happening in reality is part of the Divine life.
- The only way that you will find freedom from the fear of missing out is to see that it is the fear itself that keeps you captive.