



SUNDAY, MAY 9, 2021

Start Giving Yourself a Life that's Nothing But Good

Key Lesson: Admitting to ourselves we are powerless to make permanent changes in ourselves is the true beginning of rising above all that troubles us about ourselves; for any and all such unadorned confession is the invisible entrance into another, higher order of being that is transcendence itself.

Talk Takeaways

- It should be evident by now that we cannot give ourselves what is genuinely good. Despite our good intentions, why is the world the way that it is?
- Instead of just wanting to be a better person, we must NEED to be a better person.
- Regret is a kind of unseen prayer that does not really change anything. Real prayer is connected to watching yourself in the moment of action.
- Real healing is from the inside-out and does not involve thought. Healing is understanding that everything that happens in the world happens for you, for who you really are.
- What is good is not the same thing as getting what you want.
- Most people do not work to change themselves, but instead they work as hard as they can to keep themselves as they are.
- It is a rare thing when a person recognizes that they cannot give themselves what they need.
- Nothing in creation can change itself. Everything needs something of a higher nature to transform it.

- There isn't an object in this universe that has an independent existence. All of creation is mutually dependent.
- Whatever good you may have experienced, it is not your own, it is not your creation. It happened because there was an alignment which resulted in a revelation of something that already lived inside of you.
- If you knew what good is, would you hurt yourself? Would you revisit the past? If you really did know what good is, then you would know that it is always there and not your own.
- In the middle of a storm, a real prayer is: Please help me make something good out of this moment. Please make something good out of me in this moment. All the while watching any voices telling you what is good.
- When you see that something in you is not good, then you are seeing that fact through the eyes of goodness.
- The world is in a ceaseless war in which people are constantly telling people what they should be doing with their lives.
- The only way to properly forgive others is to become conscious of what you have been doing to yourself as a sleeping human being, and that you nor the other person could have done any better at the time. That does not mean that you condone wrong behavior, but you no longer have to hurt yourself or the other person.
- Self-command is not an image of ourselves being in control. The image and subsequent identity is a punishment. Real self-command is participating in the moment, aware of the part of yourself that is trying to command you.
- Freedom is not an achievement. Freedom includes seeing through the idea that we must complete ourselves through achieving something.
- Humility is a timeless character that we can be aligned with. Humility is the natural condition of everything that God has created. Practiced humility is arrogance.
- The capacity for a human being to surrender is immeasurable.
- Resistance is negative identification. The more you don't want something, the more you are attending to it.