



SUNDAY, OCTOBER 10, 2021

Get Out of Your Head and Start Being Whole

Key Lesson: Time is a wrinkle in the mind: and much as the silent reflection of a cloud-filled sky can't be seen upon the wind-tossed waters of a mountain lake, neither can the reflection of Heaven be seen in a mind churning with thought.

Talk Takeaways

- The level of consciousness that only knows how to think about what is wrong can only describe what is happening. It cannot change what is wrong, it can only add weight to it.
- Every outwardly-pointing action that we take to resolve what is wrong does nothing to change the consciousness that is responsible for what is wrong.
- The consciousness that blames the condition in the world for its pain separates itself from the world, thereby avoiding seeing itself.
- We always see life from images about what SHOULD BE, which is why we are always in conflict with what IS.
- Images about what should be are connected to our very identity, which is why that consciousness does everything it can to ensure that those images stay in place.

- In reality there is no such thing as "what should be." There is only what is, which is rejected, avoided and despised by the conditioned "what should be" nature.
- If you always feel like you have to put everything back together again, then you are someone who is always on the verge of falling apart.
- Thought can't heal. How can something that is the instrument of conflict bring about the end of conflict?
- What feels threatened in a challenging moment is not 'I.' What feels challenged is the level of consciousness that holds onto the image of what should be, and what it needs to do in order to maintain that image.
- The very question of "what do I need to do to make this right?" is the lower consciousness analyzing and judging the moment according to its own content, which actually further divides us from the moment rather than integrating us.
- Trying to fix the moment is the same as trying to rebuild Heaven as you imagine it.
- Every time there is a problem, thought begins to build a solution that it hopes will lead to Heaven.
- Thought is necessary on its own level, but thought is not the tool of communication with the Divine. Until we realize that we must find another means of higher understanding that is not through thought, then we will inevitably continue to try reaching Heaven through our own self-made Tower of Babel.
- A genuine insight is an influence that is above thought being communicated to the human being who usually only uses thought in order to understand. In thought there is a "me" that understands. In this higher order of communication, there is no self that claims to understand.
- There is always something being communicated to us from the Divine, but chronic thought/thinking is what gets in the way of this communication. This is spiritual sleep.

- The more you build with thought, the more afraid you are that what you have built will fall.
- Get out of your head and learn to listen. Talking to yourself is being in your head. Listening to what life is always communicating to you is getting out of your head.
- To stop, get out of your head, and listen is uncomfortable to the thought nature that compels you to think endlessly so that it can maintain its position of authority over you.
- Every plan beyond what is practical is produced by conflict, not by confidence.
- Listen with every cell in your body. Bring your mind, heart and body into a single wish to listen. In listening there is no self that is apart from what you are listening to.
- You can't build a kingdom with thought that will not eventually crumble.
- Thought breeds the very thing that it attempts to resolve. Thought breeds the anxiety that it attempts to get rid of.
- Trying to be free of fear can never free you from fear. Trying to be free of fear is the same as thinking from the very fear you don't want. Stop trying to DO something and be more intent on SEEING something.