



SUNDAY, APRIL 10, 2022

Step into the Unknowable Source of Fearless Peace

Key Lesson: Part 1: The Unknowable Source of Peace in real life far exceeds our reach...because it can't be grasped, let alone taken by hand; it can only be received by a heart that has willingly emptied itself of hope in all things seen.

Part 2: To see that our happiness is as the sand in an hourglass that never stops turning itself over sets the stage for realizing a truth that helps set us free: no cup - no matter how temporarily full - can ever hold, let alone grant us the lasting sense of wholeness our heart of hearts longs to know.

Talk Takeaways

- What the want in you really wants is to continue wanting.
- A person can't understand a true teaching if he or she is already full of belief about what the teaching is.
- The nature of the thoughts that offer to lead you through a disturbance are connected to what you want and to what you don't want.
- The more conflict that is created by thought, the more that thought is called upon to deal with the conflict.

- There is not one want (that is also connected to a not-want) that has ever put an end to the drive of that consciousness to continue wanting
- The acronym FOBES stands for "Fear of Being Empty Syndrome."
- New self-knowledge is the answer to ending dependence upon the want/not-want level of consciousness that now has authority over you.
- Presently for us, a sudden sense of emptiness is immediately filled with anything that we imagine will resolve the fear of that sense of emptiness. Self-knowledge teaches that it is not necessary and it is not our job to fill that emptiness.
- Stop trying to escape emptiness by filling it with empty images.
- The reason there is fear of emptiness is because there is no understanding of what the emptiness actually means.
- We are intended to be aware of the sense of emptiness, sit within it, and wait for it to be filled, as opposed to filling it with what we want.
- Let each "moment" pour into and pour out of your awareness.
- The source of peace is to be full of awareness... Awareness of what you are being filled with is perfect emptiness.
- We presently see everything in parts because we are apart from everything that we see. Everything is already in place when we are not out of place.
- Images cannot stand up to the test of events that challenge them.
- There is no set of rules as it concerns awareness and the so-called right way to respond to disturbances. Live your life and let life reveal to you, as you're living it, through self-knowledge, the right action.
- When you are filled with something natural, it is unnatural to not give it back.