



SUNDAY, JUNE 19, 2022

Transform Any Old Weakness into a New Spiritual Strength

Key Lesson: Conscious suffering is the one true path (that leads) to a Life that is consciously selfless.

Additional Key Lesson: The sudden appearance of any strong negative reaction conceals a corresponding, proportionate weakness.

Special Writing: "You Can Be as Free as You Are Willing to See"

https://gfmisc.s3.amazonaws.com/20220619_specialwriting.pdf

Talk Takeaways

- The spiritual journey involves discovering the genuine need to be awake, and seeing where presently we are led around by weakness.
- There is no kindness in any power that a person attributes to him or herself.
- What is the real source of weakness? The fact that we have no permanent 'I.' Rather, our current sense of self is produced by identification with whatever grabs our attention, and that sense of self is always changing and shifting.
- Whatever we are doing that is bad for us, that therefore makes us feel awful, must be justified because there is another part of us there at that moment that knows that what we are doing is not right.

- Changing what you identify with does not change the level of consciousness that must always identify with something in order to exist as a sense of self.
- The "smug spiritual I" in us is what judges everything inside of us and outside of us for not living up to what it believes is good.
- An 'I' that is divided cannot stand... neither itself nor anything else.
- "If I am not for myself, then who will I be? But if I am only for myself, then what am I? And if not now, then when?" -- Hillel the Elder (paraphrased).
Guy's rewording: "If I don't identify with something, then who am I? But if I identify with everything, then what am I?"
- According to the divided sense of self that is identified with something outside of itself, peace and contentment is always somewhere downstream from what I am right now.
- The divided consciousness requires an enemy to be against in order to exist as it does.
- Withdraw And Replace (WAR): Become the observer of the negative state, deliberately withdraw your attention from whatever that 'I' is pointing to, and replace (re-place) your attention onto the 'I' itself that is identified.
- If you are not present to yourself, then you are the little 'I' that is identified.