



WEDNESDAY, OCTOBER 12, 2022

The Lost Keys to Conscious Self-Transformation

Key Lesson: We are not lifted by spontaneous reactions; rather, we are chained to these momentary feelings by our identification with them. As long as our sense of self is a derivative of any temporary passion - "high or low" - our identity is nothing more than a byproduct of the same...much in the same way as an ember owes its existence to the flame that gives it birth, and from which it is thrown. All true spiritual work is to return to the flame, forsaking the life of the ember.

Additional Key Lesson: What we are all looking for - without knowing it - is an unimaginable experience by imagining what we must do in order to have that experience! Not to mention that apart from our blindness to this obvious contradiction in our consciousness, what we are really looking for is...an unimaginable new level of Being!

Talk Takeaways

- What we really want is an unimaginable experience of an unimaginable new level of Being.
- True teachings are about a person all the time being born into a new higher level of consciousness that the level below knows nothing about.
- You must depart from the lower level of consciousness and all of its trappings in order to enter into a higher level of consciousness.

- An epiphany is a moment in which there is no difference between the seer and what is seen. In those moments, there is no one there who is attached to what is seen.
- A moment of beauty could be referred to as a moment of effortless double-attention.
- You feel superior to whatever you judge, but really there is no difference between you and what you judge.
- When you really know something about a character in your consciousness, it will never appear in the same way again. Your relationship with it has changed.
- It is impossible to overcome anything that we resist seeing in ourselves.
- The more that you resist what you say you don't want, the more you strengthen the thing you don't want.
- The task is not to overcome our own consciousness. The task is to outgrow it. What we are intended to grow into exists before we grow into it.
- Welcomed revelations of the limitations of our present consciousness naturally leads to outgrowing that consciousness.
- A lot of energy is wasted trying to do the impossible, which includes trying to change yourself through resisting what you see about yourself.
- Write down on a piece of paper a short two-word description of something about yourself that you have always wanted to overcome. Carry that piece of paper around with you during the day, and when you look at it or feel it in your pocket, watch all that is triggered in you when you are reminded of that character in yourself. See the consciousness that is resisting, and what is being resisted, at the same time, as one thing.