



SUNDAY, MARCH 19, 2023

How to Enter and Anchor Yourself In the Harbor of Holy Silence

First Key Lesson: Part 1: It certainly seems true, and (it) definitely feels that way, but the familiarity of our habitual thinking is not safety any more than one might believe some ill-fated creature locked in - and confined to a cage - finds comfort in its captivity.

Part 2: Silence is how creation pays homage to the timeless Stillness that gave it birth.

Second Key Lesson: All things begin, meet, converge, and are born again in the unseen light of awareness; each and all perfectly bound together - eternally related to one another - in an infinite field of unconditioned intelligence.

Third Key Lesson: Much in the same way as a reflection on the surface of the water does not disturb the waters upon which it appears, so must we develop the same relationship with our own reactions.

Special Writing: "Four Mysterious Facts About Silence"

https://gfmisc.s3.amazonaws.com/20230319_specialwriting.pdf

Talk Takeaways

- What good is it to live in a world where the idea of "God" is merely a convenience that suits people only when they need the idea for some kind of self gain?
- An unconscious interior dialog includes being told the reason why we are in conflict, along with the things we should do to end the conflict.
- Identification with a reaction is the same as passively consenting to the consciousness that creates the reaction.
- An unconscious interior dialog is listening to the guidance of the same guide that led you into trouble in the first place.
- Real solutions are revelations. False solutions are consolations and the avoidance of revelations.
- "Out beyond ideas of wrong-doing and right-doing there is a field. I'll meet you there." -- Jalal al-Din Rumi (1207 - 1273)
- The timeless beauty that you suddenly see was already there waiting for you to find it.
- The majority of humanity's passion is for sensation of self, not for revelation of self.
- Music could not exist without the space and silence through which the sound of the notes travel.
- Strengthening our relationship with the silence that already exists includes seeing all of the interior noise and chaos. Slip gently into the silence by remembering it in the midst of the riot.
- Use the appearance of resistance to remember something higher than what the resistance tells you to remember.
- Adding more thoughts about how to calm the waters of your mind (end the disturbance) only serves to upset the waters (escalate the disturbance).

- Trying to escape from anxiety is like pouring gasoline on a fire. Resistance is identification. The more resistance there is to what is unwanted, the more what is unwanted is strengthened.
- Trying to pursue unity and peace by getting rid of everything and everyone that bothers you is wrong. True unity and peace includes the understanding of everything and everyone that bothers you, including and especially yourself.