



SUNDAY, JUNE 11, 2023

How to Realize the True Meaning of Every Moment of Life

First Key Lesson: If we would ever be free...this is what we must come to see: our troubled thinking is a “racket” in both meanings of the word: (it is) a noise seeking to silence itself, in a “rigged” search that has no end.

Second Key Lesson: We create the pain of fear and doubt we don’t want to feel by trying to figure out how to avoid it.

Third Key Lesson: Though largely unseen, the following fact can be verified by anyone who wishes to see the truth of it...and be set free, accordingly: the ongoing unwanted experience of any given moment is inseparable from the unseen activity of an unconscious mind that - as it reacts to, and then explains to itself the meaning of the moment it doesn't want - is actually creating its own unwanted experience of that same moment.

Talk Takeaways

- The meaning of life cannot be known through any thought that we will have about it. We do not know the meaning of life, but we think we do.
- The meaning of life is unknowable to any part of our consciousness that strives to assess the moment through its knowledge.

- The meaning of life is not found in knowledge. It is found in being. The meaning of life is immediately perceptible or it isn't.
- Presently there is between you and life a "middle man" that goes into every moment with you to decide whether that moment is for you or against you. It is a conditioned mind that believes it already knows the meaning of the moment before it has taken place.
- There is a belief that if we are not thinking about what we are experiencing, then we will not know what to do.
- "For there is nothing either good or bad, but thinking makes it so." -- William Shakespeare, Hamlet
- The intermediary that comes between you and life to intercept the moment analyzes the moment through the filter of what it wants and doesn't want.
- We judge other people because the meaning of the moment is being judged.
- The meaning of any moment cannot be separated from the level of understanding of the observer.
- The middle-man that tries to restore balance becomes more imbalanced every time it analyzes the moment trying to find the meaning of it.
- Psychological fear does not exist without something in us having told us the meaning of the moment.
- Catch and dismiss the middle-man by first becoming aware of its presence. See the contradiction of how the divided mind creates fear by trying to figure out how to be free from fear.
- We have been conditioned to avoid the silence that comes about through the absence of thought analyzing the meaning of its experience.
- There is no gratitude to be found in the mind's analysis of the meaning of a moment, because it is trying to figure out how to get more of what it wants.

- We gather energy through awareness of energy being squandered by the futile efforts of the divided mind attempting to reconcile its experience.
- The divided mind seeks to be free of the effects of its own resistance.
- You will find the freedom you are looking for when you at last see the mind -
- that resists what it doesn't want -- is not you.