



SATURDAY, JUNE 24, 2023

Step into the Matrix of Real Life and Out of the World of Fear and Worry

First Key Lesson: The anxiety inherent in ANY dream of "when and then" can only end in the here and NOW.

Second Key Lesson: True spiritual freedom is the complete - moment to moment - unconditional acceptance of the experience of oneself.

Third Key Lesson: No moment is incomplete, it's just that we're too impatient to wait and watch it reveal its role in a greater whole whose peace is inseparable from those who agree to participate within it.

Talk Takeaways

- Not one thought you have ever had has brought an end to the compulsion to keep thinking.
- In the unconditional acceptance of the experience of yourself is everything you need.
- The mind comes into each moment with a predetermined set of demands, comparing the present moment to what it imagines life should be. The mind does that because it feels incomplete, and it believes it will feel complete when it gets everything settled the way it wants.

- The time to come never completes the consciousness that invents it.
- Resistance that is not understood will always suggest what is needed to achieve the sense of wholeness it seeks.
- The only thing incomplete in any moment is our understanding of the moment.
- If you want a new you, you need a new view.
- Everything is always and already complete even though nothing is complete and always being completed.
- There is something valuable for your true self in every moment.
- Make peace with what seems to be incomplete so that you can see that all of creation is always being completed.
- Who and what you are does not need to be saved because your true nature is not separate from the creation that is always being completed.
- When people don't know what to do with themselves, the mind invents things to do.
- Beauty is already there before thought's description of it.
- Seeking is ultimately futile, and yet you must seek in order to discover that.
- It is not your job to heal the past, even though something in you says that it is. The thought that says it must heal the past is the past.