



SUNDAY, JUNE 25, 2023

The 5 Simple Intentions Designed to Help Spark Spiritual Revelation

First Key Lesson: Enlightenment is instantaneous, but keeping the lights on is another story altogether!

Second Key Lesson: Intention is the front runner of a race yet to be run, a new order of will yet to be tested, but waiting to be realized.

Talk Takeaways

- Our consciousness is our circumstance... a spiritual fact that we can't hear enough and can't experience enough.
- Something within us is the first to judge us right after that very same nature does something harmful.
- Your mind can't wait to place your attention on something you don't want. If your attention doesn't belong to you, then you will experience exactly what you don't want.
- Attention is prayer. What you attend to, you wed yourself to. What you wed yourself to, you are integrated with.
- If we could change what we give our attention to, it would change what we experience as well as WHO is having the experience.

- Everything must be reversed for us so that our first intention is to reclaim our attention.
- The very fact that you have to pretend to be something means that you are not that.
- The new intention is to remember what is true about yourself before you enter the moment, as opposed to entering into the moment and then letting the moment determine the intention.
- Intentions put light upon and reveal what our unconscious inclinations are.
- An intention can become mechanical and destructive if there is identification with the image of being someone who is accomplishing something. The intention is not an end in itself, but a tool to help stay awake.
- An intention helps reveal the disparity between the ideal of the intention and the actuality of the self that cannot remember the intention.
- If you really see without judgment that you have failed to remember your intention, then you have not failed. You have succeeded in understanding more about the nature that is operating in you.
- It is a different order of life to be able to start using your pain rather than merely being used by it.
- Why do I associate with people that I complain about? Because there is fear of the experience of myself being alone.
- The divided consciousness does not care about the quality of its experience, only that it acquires more thrills in order to experience more of itself.