



WEDNESDAY, JULY 5, 2023

The Truth that Sets You Free Begins the Moment You Agree to See It!

First Key Lesson: If you want to catch a glimpse of Heaven just stop looking away from whatever truths may be revealed in its silent Light.

Second Key Lesson: No matter how fast, or far we may run, it is impossible to out-distance, let alone hide from what we don't want to see in ourselves!

Third Key Lesson: True freedom is the complete - moment to moment - unconditional acceptance of the experience of myself, as I am.

Talk Takeaways

- The last thing your mind wants is peace. The only thing that keeps you from understanding the real peace of Heaven is what you do not yet understand about yourself.
- The peace of Heaven is a "time and place" without "you" in it. It is not a time and place "you" are going to reach and be applauded when you get there.
- What is the most rare form of self-knowledge? It is to know that "you" do not want to know the truth of yourself.
- The freedom that already exists is realized when you understand the nature of your captivity.

- Until you agree to face the truth of yourself -- which includes the truth about the parts of yourself that are opposed to truth -- you will never be free.
- True freedom is the complete -- moment to moment -- unconditional acceptance of the experience of myself, as I am.
- The consciousness that attempts to free itself creates its own slavery.
- The acronym "DLAT" from the doctor story stands for "Don't Look At That" syndrome.
- Why do you think your future is so important to you? Because you cannot stop imagining a time and place where you will not have to suffer anymore.
- When you do not want to see something in yourself, at the same time you are feeling threatened by what you don't want to see.
- We believe, because of our conditioning, that when we fear something it proves that we understand it.
- Since we are afraid of seeing what remains hidden in us, we also spend our lives trying to hide what we are afraid to see.
- Blame and justification are cover-ups for what I don't want to see about myself.
- The dominant reaction I have in any unwanted moment is to look away from the moment.
- The punchline of the reporter story: "I'm not the person I used to be, which means that I am no longer what I fear to see."
- As long as you don't want to see yourself as you are, your tomorrow will be your past.
- Fear is the father of all things mediocre.