



SUNDAY, JULY 9, 2023

Do This When It Feels Like Life Is Trying to Pull You Apart

Key Lesson: When the winds of fortune blow hot or cold, sweet or sour, don't lean toward one or away from the other. Instead, remain upright; only the balanced mind can walk safely over and through the uneven surfaces of this world.

Special Writing: "The First Shall Be Last and the Last First"

https://gfmisc.s3.amazonaws.com/20230709_specialwriting.pdf

Talk Takeaways

- Everything that a human being imagines as being liberation is imagination. The truth cannot be captured in thought.
- You can only understand what is in you and what you have seen as part of yourself.
- The mind is in a constant struggle to reorganize the world it sees into what it imagines.
- You can't struggle to regain balance unless something in you believes it has been thrown off balance.
- The very attempt to create balance is to disturb the balance.

- The center of balance is everywhere... until you try to create balance or control it.
- Anything that interferes with the temporary center of our lives is perceived as an enemy. The center of our lives in any given moment is whatever our attention is on.
- There is no such thing as getting to a place and time that is beyond disturbances. That would be a spiritual death where nothing could touch you anymore.
- There is no place you can escape to in order to get away from your own consciousness.
- Disturbances are a necessary part of rebirth, which means that what opposes disturbances also opposes its own rebirth.
- Everything serves the greater good when everything is understood as being a part of the greater good.
- In order to incorporate a new understanding, you first need to die to the old understanding.
- A beautiful moment in nature cannot be separated from the observer of it.
- As goes my attention, so comes my experience. As comes my experience, so comes my sense of self.
- When you feel something pulling or pushing on you, the mind tries to explain what is going on so that it can know. Our task is to sit in the middle of the experience of that disturbance and risk the mind not knowing. See where your attention is going. Bring your attention back.
- What is incomplete is always being acted upon by that which will bring it back into the whole.