



WEDNESDAY, JULY 19, 2023

Anchor Yourself in the World Above Anger, Fear, and Worry

Key Lesson: Stillness is the first action of truth. Stillness has no momentum, which means it never runs into anything. On the other hand, since all movement has its beginning in stillness, anything that moves into it is found to have simply returned to its original source.

Talk Takeaways

- When you try to escape from a moment, you ensure that you will meet that same kind of moment again and again.
- Your interior work takes a real turn when you realize you can't avoid yourself.
- The acronym "TOBADCEOM" from the doctor story stands for "Taken Over By A Different Cause Every Other Moment."
- Every moment of your life your mind is given over to whatever it falls on in that moment.
- We do not free ourselves from what we don't want through resistance. Rather, resistance binds us to what we don't want.

- Nobody causes you to go through anything. You bring to each moment a part of you that is drawn to that moment and makes that moment its cause.
- When are you going to stop spending your time wishing that you were not in the moment you are in?
- The root cause that the mind is almost always busy working at is to avoid any kind of suffering.
- Each cause that you become engaged in comes with a sense of self that was already formed before the condition stirred it to the surface.
- Every moment of being taken over by a different cause is the same as being taken over by a different 'i' that you know nothing about. That 'i' disappears the moment that the next cause comes in.
- Human consciousness never stops creating a cause for itself that it will then try to free itself from in a time to come.
- As long as we invest ourselves in a different cause every moment of our life, then it will be impossible to awaken.
- You need something that will anchor you in place, so that you are not moved by the wind of each different cause that blows by. Catch yourself being taken over.
- There already exists an 'I' that is more permanent than all of the temporary 'i's' that appear only with the corresponding condition.
- Real meditation is inseparable from your awareness of the moment.