



WEDNESDAY, AUGUST 30, 2023

Enter the Perfect Protection of the Presence Moment

First Key Lesson: Whatever is created in time... is a creation of time; and all creations - in, and of time - must pass when their time is up.

Second Key Lesson: If we ever look closely, we would see that the fear we have of the future is always dressed as a beggar; but if we dared even a closer look, we'd see that not only does that beggar bear a striking resemblance to us... but he is dressed in our clothes, and is in our shoes.

Third Key Lesson: Any tomorrow we imagine cannot free us from some painful moment in our past because whatever the nature of that time we hope will come to free us...does not exist from the time we hope to escape.

Talk Takeaways

- It is wise to seek immortality because time defeats all other ambitions." -- Vernon Howard
- The attempt to avoid suffering is an ambition. The attempt to avoid the experience of yourself is an ambition.
- Our daily wishes are rooted in the imagination of a time to come in which we will not be in the pain that we are in now.

- What human beings presently call "freedom" involves a time to come in which there will be no more disturbances.
- To lose the taste for tomorrow is the same as losing the taste for thought as a trustworthy guide.
- Identification with any thought about a time to come is "evil" in the sense of separating us from the direct relationship with the presence of the moment.
- We cannot separate our experience of the moment from what our consciousness is involved in.
- When we are not present to the mind, it is always visiting "The Land of When." And "The Land of When" arises out of "The Land of Then." The two lands are connected.
- Losing interest in tomorrow is the same as losing interest in any promise of freedom from the present experience of yourself.
- You cannot serve yesterday and tomorrow, for you will love one and despise the other. You cannot serve time without being stuck in the world of opposites, being identified with one side and not wanting the other.
- The wish to avoid yourself as you are, and the wish for freedom in a time to come, are one thing.
- Awareness is being present to all that is unfolding inside of you. You don't have to know why it is unfolding.
- The wish to be free presupposes the existence of a self that can find freedom. There is no self that will find freedom. That is the illusion, and the torment.