



SUNDAY, SEPTEMBER 17, 2023

Step Out of the Shadow of the Past into the Light of the Presence Moment

First Key Lesson: To SEE that the dark shadow of any dragon is just as unreal as the shadow of the treasure that it guards...is the doorway into a world wherein no fearful shadows can dwell.

Second Key Lesson: The thought is not the thing: thought is a shadow of whatever it represents as being “real,” which means the following must hold true: whatever may be (our) sense of self that mistakes the unreal for being real...must itself be a shadow, as well.

Third Key Lesson: There is only one kingdom where no shadows dwell...where nothing can hide in them: In the realm of undivided attention there are no shadows because there is no separate self to cast it, let alone worship or live in the fear of it.

Talk Takeaways

- Light is always acting on matter to change it into a different form. The Will of Heaven is never not acting upon the will of the earth.
- We are made in the image of that which made the world. We are a microcosm of the macrocosmic life.

- We are meant to use the world as the mirror that it is, in which there is an awareness of Creator and creation, without needing to think about it.
- "From the darkness lead us into the light, from the unreal lead us to the real, from death lead us to immortality."
- When a sweet dream is interrupted, the dreaming self becomes bitter because the very existence of its identity is challenged by the disturbance
- Any identity that is unreal is a captive of psychological time because the identity depends upon identification with a thought about the past and/or future. The identity is a derivative of the past that then projects the future in its own image.
- There is a relationship between the absence of thought and authentic peace and beauty.
- It isn't more and more of ourselves that makes moments better, but less and less of ourselves.
- When there is less separation between the observer and the observed, the less there is of me, and the more there is of Thee.
- Most of our present experience is the sensation of self derived from the movement of thought.
- Rushing is thought measuring where it is now and comparing that to an imagined future time and place where everything will be better.
- The more you try to escape yourself through thinking, the more you are a captive of that never-ending hamster wheel.
- Corruption is the seed of a lie that becomes a whole life and culture that is as empty as the human beings that created it.
- When we say, "I shouldn't have to go through this"... WHO shouldn't have to go through it? If there were no identification, then there would be no 'I' that is sure that the moment shouldn't be happening as it is.

- Fear is what tells us why we are afraid and what we need to change outside of ourselves in order to be free.
- The exercise is: Let there be nothing between Thee and me. If you work with it, then you will notice that there is always something between Thee and me.
- Any thought that comes into silence is announced. If there is nothing between Thee and me, then there is awareness of whatever attempts to insert itself in between.
- Don't try to look for someone who you should be, nor try to not be someone who you have been. Instead, be present to the totality of yourself now.