



FRIDAY, SEPTEMBER 22, 2023

Discover the Quiet Joy and Peace Born of Just Being Yourself

Key Lesson: Part 1: To be identified with even the most elegant description of the Divine is to prolong the suffering born of being separated from Its Light: there is more joy in a single drop of water on the tongue of a man in the desert than will ever be found in a whole library of books on the nature of streams, rivers, and the raindrops that fall to fill them.

Part 2: Real joy is spiritual in nature because it comes upon us, from within us, without being called for; it is a quiet awareness of being in the presence of what is holy through no effort of our own.

Additional Key Lesson: True joy can't be separated from the joy of discovering that what is Timeless dwells within you, and you within it.

Special Writing: "Diamond in the Rough"

https://gfmisc.s3.amazonaws.com/20230922_specialwriting.pdf

Talk Takeaways

- We believe that thought is somehow one and the same as who we are, but that could not be further from the truth.

- In taking thought, everything about our relationship with the present moment is divided.
- "We do not have to understand new things, but by dint of patience, effort and method to come to understand with our whole self the truths which are evident." -- Simone Weil
- When the observer is the observed, that awareness reveals that you have the capacity to be in relationship with much more than you could have ever imagined.
- "Thou shall not want" means that you are always being given exactly what you need, even when you cannot understand that. It is to live above the opposites of want and not-want. There is another life altogether above wanting and not-wanting.
- We are not a captive of conditions. We are a captive of the wants of the consciousness that seeks freedom from what it does not want.
- We will never stop running into conditions that challenge what we are identified with, which means that the identification is the root of the suffering, not the conditions.
- When you are experiencing what seems like a condition that you do not want, the pain in that moment is that you are experiencing a "you" that you do not want to be.
- The only way it is possible to not want to be where you are, or who you are, is to think that it is actually possible to not be you.
- It is not 'I' that believes it is possible to be separate from it's experience of the moment. See that the "me" that you don't want to be is not really "me" after all.
- If something in you does not want to be you in a difficult moment, and if in reality it is indeed impossible to not be you, then the inevitable outcome will be a painful state of conflict.

- Resisting what is revealed about your own consciousness produces an identity that is certain that it is not supposed to be like that.
- Humanity is in such a state that you do not know how to be yourself, because you have been conditioned to imitate what imagination says it means to "be yourself," looking for yourself in the world.
- You don't know how to be yourself because you can't bear to look at the truth of who/what you are.
- You could not feel inadequate unless there were a consciousness that compares itself to what it imagines it means to be adequate.
- It is impossible to be yourself until you know what it means to see yourself.
- Here is an exercise that is also a kind of prayer: "Here, now, all accounted for... I am present." Don't let thought take you anywhere. See thought come and see it go. Watch yourself squirm.
- The mind looks ceaselessly for something to give its attention to, so that it can have the corresponding identity.
- Already within who you are, awaits who you are to be.