



WEDNESDAY, OCTOBER 11, 2023

Here's the Missing Piece to Life's Most Puzzling Moments

Key Lesson #1: We can't hope to change what comes out of any given moment until we change the one within whom it appears.

Key Lesson #2: The task is not to be perfect as imagined, an illusion supported by the pain of unrelenting self-judgment; rather the real task is to do the interior work of seeing ourselves as perfectly as we can regardless of how much we would rather not.

Key Lesson #3: We are, and will remain who — and what — we don't want to be until we realize that we no longer need to suffer being that "person."

Talk Takeaways

- There is a deeper life to experience if we can be in the presence of that life.
- If the Kingdom of Heaven is within, then where in the world are you going?
- The appearance of resistance is telling us something about ourselves.
- In reality there is nothing missing in your life because there is no puzzle to solve. To understand that there is no puzzle to solve is enlightenment.

- Life itself is not a puzzle. Life is the revelation of something that has already been put together.
- Whatever tells you what you must do to regain power is rendering you powerless.
- What really has to be solved is the relationship with the part of yourself telling you that there is a puzzle that must be solved.
- Justification is an explanation of what is missing and what must be done in order to feel whole.
- When we try to avoid anything, what we are really trying to avoid is the revelation of ourselves as we are in that moment.
- When you resist a revelation of yourself, you ensure that what you don't want remains in place. And what that nature really does not want is the experience of itself.
- Everything is in its right place at the right time for the further perfection and revelation of the Divine.
- When you think that you shouldn't be like you are, in that same instant you have an idea of how you should be.
- An imagined self imagines the pieces it needs to put together an imaginary puzzle. All that nature sees is what is missing as the solution to its suffering.
- You could not feel inadequate without the conclusion that something is missing, that you do not already have everything you need for the moment to be properly completed.
- The disturbance will slide by when you realize that there is no good reason to resist it.
- Enlightenment is the discovery of a consciousness that is unenlightened. It's the unending shining of a new order of awareness that ceaselessly reveals what is in the dark.
- There is no other frustration other than what you do not yet understand about yourself.