



SUNDAY, OCTOBER 22, 2023

A Single Revelation that Releases You from the Source of All Stress and Sorrow

First Key Lesson: Any time the mind makes a "package" out of some unwanted moment - wrapping its reaction (to it) in familiar troubled thoughts, and negative feelings - it does so at the cost of exchanging a priceless gift it's been given... in favor of giving itself another painful experience (of itself) that it doesn't know it's created for itself!

Second Key Lesson: Psychological resistance collapses the unlimited field of new possibilities into a single, momentary event that is not only unwanted, but that is seen - and experienced - as something separate - other than - the unconscious mind that creates what it then resists.

Special Writing: "Let the Dead Bury the Dead"

https://gfmisc.s3.amazonaws.com/20231022_specialwriting.pdf

Talk Takeaways

- As goes my attention, so comes my experience. As comes my experience, so comes my sense of self. If my sense of self has fallen into what I don't want, then I AM what I don't want.

- Negative reactions kill all other possibilities. Negative reactions collapse one's experience into a very limited field.
- "Divinity is our birthright. God nods to God from behind each of us. But let us remember, divinity is behind our failures and follies also." -- Ralph Waldo Emerson
- Your experience of not wanting any given moment IS your experience of the moment you don't want. You don't want the very thing that you are complicit in the continuation of.
- There is no such thing as a moment in time until it is collapsed into a thought, and then the thinker experiences the temporary reality it has created for itself. The thinker and the thought become the experiencer of the moment.
- The collapsing of a moment into thought is instant captivity. When that happens over and over and over again, it seems normal.
- "The whole difficulty of understanding Hell is that the thing to be understood is so nearly nothing..." (-- C.S. Lewis) ...save thinking lending it the suffering that make it so.
- Fear of the future is the mind wrestling with the past and then resisting its own machinations.
- "Unable to perceive the shape of You, I find You all around me. Your presence fills my eyes with Your love, It humbles my heart, For You are everywhere." -- Hakim Sanai
- When we are temporarily not searching for something to complete ourselves, then for that instant we are not the captive of the painful prison of wanting and not-wanting.
- The world's state of affairs is always in the shape of the image of the level of the humanity's consciousness. We are created to become conscious of our part in it.

- Useless suffering is thought attempting to resurrect itself as it revisits the past to create a better future.
- We must suffer consciously in order to stop suffering unconsciously.
- The deeper meaning of the idea of "patience" is to "suffer yourself."