



SUNDAY, OCTOBER 29, 2023

Learn to Turn in the Right Direction and Realize Self-Liberation

Key Lesson: Key Lesson: The ceaseless, anxious search to find our true place in life, including what we should be doing with it, can never lead to a happy ending until we realize - in real terms - to "whom" it is our life belongs...and to what end.

Talk Takeaways

- Spiritual ideas are worse than useless, unless you apply them in the laboratory of your everyday experience. You cannot fail, if you work.
- The problem with relying on a bucket-list to make you happy is that the bucket has no bottom.
- What we see now is only what is in the foreground, so that our experience is only what our attention is on in the foreground. But there could not be a foreground without a background. In reality there is a unity between the foreground and the background.
- Creation is always going through some kind of transformation, all taking place within an impersonal field of intelligent awareness.
- "Out beyond ideas of wrong-doing and right-doing there is a field. I'll meet you there. When the soul lies down in that grass, the world is too full to talk

about. Ideas, language, even the phrase 'each other,' don't make any sense." -
- Jalal al-Din Rumi

- One thing that all beautiful moments share thing in common is that they are incomparable. Whenever what is seen is new, the seer is also new.
- When the observer and the observed come together, they meet in the center of the moment.
- What is greater than the sum of the parts in any given moment is the awareness of all the parts at the same time.
- A true understanding of the world you see can only come about when the observer and the observed come together through your realization of that truth.
- We see the world outside of us as either for us or against us because we don't understand that what we perceive as being outside of us is actually originating from within.
- Awareness is the centerpoint of all things. Awareness goes before us to make the crooked places straight. Awareness dwells within the darkness, but the darkness comprehends it not.
- Attend to the place in awareness where no force has taken direction of any kind. Awareness can see each force desiring to go in its preferred direction.
- Bring yourself back to the center of any unwanted moment. The center includes awareness of the "you" that fights against that same moment. If there is a "you" fighting with life, you are in the wrong place, you are not in the center.