



FRIDAY, DECEMBER 15, 2023

## **Leave Your Stress and Fears Behind You at the Divine Intersection of Real Life**

First Key Lesson: To everything there is a season, and life's great cycles of expansion and contraction - of yes and no - serve no individual save the one who has uncovered the secret of being in the world, but not of it.

Second Key Lesson: Real Life is creation revealing itself through (its) infinite changes. We can either realize our existence within this ceaseless movement - as a designated player in its Divine design - or we can continue to struggle with unwanted moments in the false belief that our resistance to them proves we know how the story of life is supposed to unfold.

Third Key Lesson: Awareness is consciousness (in the timeless act of) realizing itself as a silent witness to the creation of itself.

Special Writing: "Real Life is Now or Never"

[https://gfmisc.s3.amazonaws.com/20231215\\_specialwriting.pdf](https://gfmisc.s3.amazonaws.com/20231215_specialwriting.pdf)

## **Talk Takeaways**

- Real power begins to reveal itself when a person starts to realize that there is no need to seek for power as it is imagined.

- Life presents conditions that prove that the sand castles we have built for ourselves are not real due to how easily they can be washed away.
- The consciousness is set on ensuring that everything stays in place so that it can continue to look at itself through familiar conditions, and imagine itself as something real and permanent.
- The punchline of the story of the two brothers was: "I could see that all this time I was killing myself, but I was afraid I would die if I ever came to a stop." It is killing you to try to keep yourself from dying (protecting yourself psychologically).
- Every time you are afraid, the life is being sucked out of you. Every time you think about an enemy, the life is being sucked out of you. Every time you feel guilty, the life is being sucked out of you. Etc., etc.
- A part of us is killing us by always trying to protect what it thinks its life is.
- There is a fundamental desire in the soul that cannot be quenched by anything in time or anything that can be imagined. The essential longing is to belong to something greater than yourself.
- The answer to the fundamental longing lies in letting Life make of us what It will, as opposed to demanding that Life make us into what we imagine.
- It is hell anytime the mind looks at any moment and rejects it, wanting to escape from it.
- "If I'm not for myself, who will be? If I'm just for myself, what am I? And if not now, then when?" -- Hillel the Elder
- All of humanity has been fully conditioned -- unconsciously, with no real awareness of it -- into embracing the idea of "me first."
- To be in the world but not of it is to see and recognize that the opposites are one thing, that they appear together, that they are really complimentary.

- There is no such thing as a time to come with respect to resolving the conflict that is created by the very consciousness that imagines what it does.
- 'I' is the grand intersection of Life. It is what the real Now is. It is where the conditions of passing time meet the Awareness that reveals those conditions. It is there that Awareness acts upon what is revealed.
- An individual must be willing to consciously suffer themselves, which is to stand there in the Now, and witness Reality as it runs into and reveals the life that has been imagined.
- Exercise: Let go and enter into what is flowing... into and through your entire consciousness. If "you" are in the flow, then it is not the flow. Allow awareness to reveal any momentary, obstructing sense of 'I'.