



WEDNESDAY, JANUARY 3, 2024

Enter the Unseen Temple of the Indwelling Divine

First Key Lesson: Higher self-awareness is a sacrificial fire; both a flame and its light, it alone is capable of illuminating, and then consuming the shadows cast forth from the world of dreams within which, alone, they dwell; the light of this awareness is a fire that does not burn.

Second Key Lesson: Any storm we will weather, consciously, changes the clouds.

Talk Takeaways

- We cannot have a change in life until we have a change in light. Which means that we need a new kind of understanding that allows us to see each moment and our relationship with it.
- With thought we try to figure out what to do with moments, figure out whether or not we want them, instead of being present to the moment, which includes all the right instructions about any possible actions to take.
- Our present nature identifies with the promise of becoming free in a time to come, which is actually a captivity that is dependent upon conditions.
- Resistance to life's storms lulls us into a dream, which ends up creating more problems to be resisted. There is no other storm that we experience in life other than in moments when a condition changes to rock the boat of what we are unknowingly identified with in that dream.

- We bring the tigers that we fear with us. The tigers will always be there as long as we believe that our self-protecting solutions will keep the tigers that stalk us at bay.
- If you endeavor to avoid, and therefore sleep through a psychological storm, you will never understand the lesson in it.
- Nature's storms rejuvenate the land and the atmosphere that they pass through. It is the same with psychological storms. Nature's storms as well as inner storms serve something greater than the sum of the parts.
- We have been born into a world that does not know what to do with its pain. The world out there and in us forever seeks for a way to cover it up.
- Ambition is a dream of a time to come in which everything will be okay.
- "Today, like every other day, we wake up empty and frightened. Don't open the door to the study and begin reading. Take down a musical instrument. Let the beauty we love be what we do. There are hundreds of ways to kneel and kiss the ground. Out beyond ideas of wrongdoing and rightdoing, 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' doesn't make any sense. The breeze at dawn has secrets to tell you. Don't go back to sleep. You must ask for what you really want. Don't go back to sleep. People are going back and forth across the doorsill where the two worlds touch. The door is round and open. Don't go back to sleep." -- Jalal al-Din Rumi (1207 – 1273)
- Going back to sleep is essentially trying to figure out some way to get through the condition that is blamed for the conflict.
- In completely understanding an inner storm, we understand that it is not a threat to who we really are, to that which can observe it.
- The consciousness that resists storms has no real authority over us at all. Only through deception does it find a way to captivate us.

- Exercise: Catch yourself about to check out and avoid any storm that is brewing: finding a distraction, protecting yourself, trying to fix the condition, etc. Instead, check back in and let the storm teach you. Check into your own interior life. Ask to understand the storm instead of explaining it to yourself.
- Going into thought about an unwanted moment is the same as pulling the covers over your head and going back to sleep.