



WEDNESDAY, JANUARY 31, 2024

Take a Vacation from Yourself and Leave Your Troubles Behind You

First Key Lesson: The awareness of the whole of ourselves is the cancellation of time...for in this undivided state of consciousness no memory is needed to produce a sense of self; instead, we gaze upon ourselves as we are: already a complete Being.

Second Key Lesson: There are no thoughts, let alone the painful experience of their unchecked activity, that isn't rooted in one form or another of some unconscious memory...which means whatever you are given to think about your own thoughts, that too is the activity of an unconscious nature.

Talk Takeaways

- Without clarity there can be no self-command.
- The real "evil" is the thought that I have to complete myself, because it separates you from discovering you are being given everything you need, moment to moment, to be a complete being.
- I don't have any trouble without a desire. All troubles and painful situations are born from hidden desires.
- What is behind every last troubling moment? The experience of myself. I think I'm separate from what I'm blaming.
- We are in a constant form of being identified with a memory.

- The divided, unconscious mind looks outside of itself for a condition that is responsible for any unwanted moment. The mind blames the condition for the troubling thoughts, when it's the thoughts that have created the condition.
- Memory is conditioned thought. It's the past coalesced into a pack of associations that come up to tell you the source of the problem.
- You can't have a troubling thought without a desire that is there with its expectation and demand.
- This consciousness needs to be regenerated, but it can't do it itself.
- We're involved in a useless struggle that doesn't exist apart from the memory-based thought that says, "This needs to be fixed."
- It's not "you" talking to you. Those thoughts that you hear with your own voice are not "you" - they come from the past.
- You talk to yourself because it feels like you care about yourself when you talk to yourself.
- The pain you feel in the now is born out of resistance to something from the past.
- Troubled thoughts tell you to gather this or that outside of you in order to free you, but they actually scatter you. The thoughts tempt you with a time to come when you will be released from the trouble.
- Troubling thoughts are always rooted in unseen, lingering demands. The condition we blame for the troubling thought is actually karmic grace.
- Exercise: Each day, for a minimum of 5 minutes, no matter how busy you are, sit quietly someplace and put the first last, and the last first. In that 5 minutes, my sole/soul attention is to quietly listen to and be attentive to my own thoughts, instead of letting them draw me into their dream that is forever promising the end of whatever is troubling me. The task is observation without identification. This is what remembering yourself is. You are not trying to be stronger than those thoughts, you are only trying to discover something about that nature. Your only task is to see.