



SUNDAY, FEBRUARY 11, 2024

The Truth that Helps Transform the Fear of Death into the Fullness of Real Life

First Key Lesson: Life is change; it is creation revealing itself. We can either realize our existence within its movement as a designated part of its Divine design, or we can continue to struggle with unwanted moments in the false belief that the pain of our resistance (to them) proves we know how life is supposed to unfold.

Second Key Lesson: Dust to dust, ashes to ashes: nothing departs that hasn't first arrived; nothing arrives that won't depart. The awareness of this fact - coupled with our willingness to embrace, and endure all that it implies - ensures a glimpse of the following truth that - once realized - helps to release us from the fear of death: even though all things must end, so do all things begin again in that exact same moment: a never-ending revelation of a Life that never dies.

Talk Takeaways

- "In eternity there is indeed something true and sublime. But all these times and places and occasions are now and here. God himself culminates in the present moment and will never be mortifying in the lapse of the ages. Time is but a stream I go a-fishin in. I drink at it, but when I drink I see the sandy bottom and detect how shallow it is. Its thin current slides away but eternity remains." -- Henry David Thoreau

- Every unwanted moment is the fear of death.
- God's life is a great undiscovered ocean that is already within you. The ocean doesn't exist outside of you and you have always been a part of it, but as yet you do not know how to participate. Seeing that you do not know is the beginning of participating.
- "So do Thou my Lord, Thou and I never apart, Wave of the sea dissolve in the sea, I am the bubble, make me the sea, Oh I am the bubble, make me the sea." -- Paramahansa Yogananda
- The fear of "un" is fear of the unknown, the undiscovered, the unwanted. Until you get over the fear of "un" you'll never know what it means to be part of the One.
- We are captured by the level of consciousness that identifies with a wave of energy, thereby turning it into a static image.
- Knowledge, ideas and beliefs are forms that the mind fashions in order to deal with everything that it encounters.
- Waves are not apart from the sea. Events are not apart from the consciousness that they roll through.
- It is hell to be a rigid human being, and rigidity is identification with a form that remains static/fixed/stopped in imagination.
- We are supposed to be always changing because the Divine is always changing. The task is to not interfere with the emptying of everything we think we know and everything we think we are.
- Move from the fear of "un" to the love of it. Learn to love the unwanted, the undiscovered, the unknown. There is no end to the ocean, no end to what can be discovered, beyond what thought can grasp.
- All thought can grasp is what it wants and does not want. It makes a form of itself through identification with what it wants.

- The ocean does not fear the individual forms that are contained within it. Real life does not fear any condition that moves through it.
- There is no need to fear emptiness, because emptiness and fullness are not separate from each other. The potential to be aware of both at once is freedom from the fear of one side or the other.
- Awareness sees resistance instead of being seized by it.