



SUNDAY, MARCH 3, 2024

The Lost Secret of How to “Let Go and Let God”

Key Lesson: Once we understand that all forces - even the seemingly contradictory ones - are secretly complementary, we stand on the threshold of not only discovering the lost secret of letting go and letting God...but, at the same time, find that we are well on our way to realizing the unconditional holiness of life.

Talk Takeaways

- We never have a plan, a desire, or an expectation that does not have a momentum that comes along with it.
- You can learn from everything that you encounter in life, instead of becoming the captive of resistance to what you meet. Instead of being used by fear, you can use fear to free you.
- You don't know that you walk around with a desire to be left alone until someone or something bothers you.
- You keep trying to bring an end to your pain by fighting with what seems to be causing it, which is why it lingers longer than it should.
- There are a lot of forces already present within you before you even meet the moment that you then blame for the appearance of those forces.

- Until we understand what is happening inside of us, the only thing we can do whenever we meet an unwanted moment is become the captive of the level of consciousness that we are not aware of.
- Instead of being a source of unnecessary pain, if properly seen and use, the force of resistance is an assistant in revelation.
- The nature we presently live from believes that it can control the conditions that it believes it needs to in order to complete itself.
- A physical seed cannot grow into what it is intended to become unless the kernel of the seed gives itself up, so that it can be used by the forces that stimulate its growth.
- The Divine never stops reconciling everything that comes into existence, including the parts of us that do not want to go through that reconciliation.
- We can become aware of the fact that all opposing forces are complimentary when we see the futility of identifying with one side or the other.
- What you don't want is actually the answer to your prayers, because it reveals the part of you that is set against life. The moment of opposition is also a moment of revelation.
- Until we are capable of using our attention rightly, then by default we will identify with every reaction, producing a corresponding sense of self.