



WEDNESDAY, MARCH 13, 2024

The First Step in Saving Yourself from the Most Painful Illusion on Earth

First Key Lesson: It's always the right time to discover something new and true about our own nature, even if, in that moment, it feels as if what we've uncovered seems altogether wrong.

Second Key Lesson: Every quest in time is subject to the immutable laws that help to create it. So that as surely as we have seen how - in the passage of time - mountains become valleys, and oceans turn into vast deserts...So is it true that every condition imagined in passing time - regardless of how fulfilling it seemed in (its) conception - must eventually prove itself empty of its promise.

Talk Takeaways

- What you suffer from and don't know that you suffer from are all of your solutions to your suffering.
- What is the one thing you always do in a moment you fear or dread? You look for a way to rescue yourself.
- Your rescuing actions are inseparable from the moments that you feel are wrecking your life.

- What is it that gives me the solution to my reactions? The consciousness that has that reaction.
- Let the light of awareness produce something that is unthinkable to this consciousness -- which is what? "It's not my job to save myself!"
- To get over the experience of myself is to stop trying to save myself.
- Without self-knowledge, you will always see each moment as one that I want, or one that I don't want. But the answer is not "one or the other" it's "one AND the other."
- All creatures are brought into the world for the purpose of serving something greater than themselves.
- Real self-knowledge is knowing we both have the capacity to create and are also a creation. The human being is a seed.
- My role in this life is to fulfill the purpose for which I've been brought into it. This is my first responsibility.
- To be a natural human being means that you are invited to do the things that are natural to your essence. But what is natural to your essence becomes unnatural when you become identified with it.
- It's not just that you can't save yourself and not rescue yourself from your fear -- the real problem, the real illusion is that there's someone there that needs to be rescued.
- You have to stop looking for a way out of an unwanted moment and instead turn around inwardly and look within.
- Who you are, the truth of yourself, IS the reality of the moment. You are the intersection between Heaven and Earth.
- It is impossible to resent any person or group without consenting to hurt yourself first.

- There's something in you that never stops trying to get its hands on something. You can't stop that from being what it is. I am what I am, but what I am is subject to an awareness of what I am — and in this seeing is revelation, release, integration and transformation.
- It was meant to be, because it was meant to be seen.