



SUNDAY, APRIL 14, 2024

Remember this One Simple Action and Help Set Yourself Free

Key Lesson: If - by the light of remembering and considering what is Timeless, Holy, and True - the heart is warmed and gradually enflamed, then the following must be true, even if yet to be seen: within us must dwell some sort of celestial kindling; what else can explain how such a flame is created, let alone serve as a light in the darkness of the soul...uniting the twain, making of them as one.

Special Writing: "The Sooner the Better"

https://gfmisc.s3.amazonaws.com/20240414_specialwriting.pdf

Talk Takeaways

- Our present level of consciousness believes it is natural and wise to not-want what we are experiencing.
- The sensation of life is not life. Believing that sensation is life is a trap perpetuated by a level of consciousness that pursues sensations that it is already familiar with because it produces a familiar sense of self.
- You don't need to imagine what it is like to be spiritual, because -- when you remember -- everything you need to work on is already and always there within you.

- The certainty that everything around you and within you is wrong is the same as living in memory, not in reality.
- Pain promises a pleasure in a time to come... but only if you will listen to what the pain is saying about what to do in order to get there. What we are given to remember depends upon the kind of pain we are in.
- Remember sooner that it is not Wisdom that is telling you that it is wise to not-want whatever is happening to you.
- The future that we fear is a reconfiguration of the past, which itself is based in memory.
- Our present consciousness tells us what we need to take from the world in order to not be bothered by the world.
- To remember yourself does not mean to go into thought. Remembering yourself rightly includes seeing that the mind remembers what it wants to remember through associative thought in imagination.
- Bring yourself into the real here and the real now. "Here and now" doesn't exist outside of the marriage of all of your parts. Being here and now includes the awareness of all the sensations in your body, instead of wanting to escape from the experience of those sensations to a more pleasurable "there and later."
- The only life that sleeping human beings know is the lie about themselves that they are given to remember.
- Stop trying to get somewhere and start being what you already are.
- There is no energy without friction, and yet most of our lives are spent trying to avoid any kind of friction. The mind that does not know what to do with friction remembers what it needs to in order escape from the friction.