



SUNDAY, APRIL 21, 2024

The Secret Path to Perfect Self-Knowledge

Key Lesson #1: A tree has many leaves, and - in one way or another - the wind touches all of them; some shake, some quiver, some hardly move at all. And, yes: it may be said the tree "knows" their trembling; but neither the wind, nor the leaves it stirs are the tree that feels their passing touch. Thoughts and feelings are like leaves; learning to watch them move is much better than being carried away with every breeze.

Key Lesson #2: No reaction has the wisdom, let alone the awareness to realize the purpose of its temporary appearance; it is powerless to solve the mystery of itself.

Key Lesson #3: We are, at once, both the intersection of active and passive forces, as well as the interaction between them, ceaselessly becoming what is newly conceived in their marriage...So that we are at once not only invited as guests to witness this union but -- if we agree to attend these moments, whatever their nature -- we will see that it is, and always has been...our wedding.

Key Lesson #4: The seer neither has, nor needs words to be in an undivided relationship with what is (being) seen; seeing is wordless, while the "words" for whatever is revealed conceals its truth. Higher self-understanding has no reason for (the moment) of (its) revelation.

Talk Takeaways

- Real self-transformation requires self-knowledge.

- Certainty is nothing but masked uncertainty that is really the wish to be secure.
- Be more interested in observing your reactions than you are interested in what those reactions say you need to do in order to be free from the disturbance. See what reactions tell you is true about the moment.
- Challenging the mystery of your reactions is the same as challenging the mystery of yourself.
- All disturbances are complete in an of themselves and are unnamed upon their initial appearance.
- The "second reaction" is what wants to know what has caused the disturbance. It is like an echo. Before that second reaction appeared, the moment -- the disturbance -- had no name.
- The second reaction is always either FOR the moment or AGAINST it, explaining what the moment means and deciding whether or not it matches what it thinks should be happening.
- Everything that is wise, true and good already dwells within you, but the mind does not understand where to find it, believing that it must be outside of the disturbance. The light dwells in the darkness and the darkness comprehends it not.
- The second reaction always includes a discontent judgment, and it always separates itself out from what it is reacting to.
- The task is to remain as consciously attentive as possible. There is nothing to do. There is no "doing" in being a witness. See everything that is being revealed, including the second reaction, as well as subsequent associative reactions.
- The interaction of active and passive forces is awareness itself.
- If you are talking to yourself, you are not seeing, and something in you does want to be seen. Whatever is revealed is concealed by the second reaction.

- Exercise: Watch for the second reaction. Are we captured by the actual moment itself that the mind points to?... Or are we captured by identification with the second reaction?
- The living light is nameless and blameless. If you've got a name, then you've got a blame, along with a painful sense of self to go with it.