



SUNDAY, APRIL 28, 2024

The First Step to Realizing the Unimaginable Fullness of Your True Self

First Key Lesson: The cost of "knowing" real beauty - of realizing all that is timelessly noble and true - is to be the emptiness into which it pours, and from out of which it will pour again.

Expanded Key Lesson: "How to Realize the Unimaginable Fulness of Your True Self"

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Second Key Lesson: Without the emptiness of a dark sky we could not see the fullness of a starlit night.

Third Key Lesson: Any sense of a dreaded emptiness that we resist is really just being full of not wanting the moment we're in. But when we understand that emptiness is a Divine state of being, we realize that not only is it a requirement of creation, but (it is) an aspect of a Trinity greater than the sum of its parts. So that the more we will agree to step into whatever may be the emptiness we fear, the sooner will the nature of the Divine empty us of our fear.

Special Writing: "Lights Along the Way"

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Talk Takeaways

- We have spent our entire lives running away from pain that we don't understand, hoping to reach a permanent pleasure in a time to come.
- The so-called heaven that we try to reach through thought always reveals itself to be a present self-created hell.
- "Thirty spokes share the hub of a wheel; yet it is its center that makes it useful. You can mold clay into a vessel; yet, it is its emptiness that makes it useful. Cut doors and windows from the walls of a house; but the ultimate use of the house will depend on that part where nothing exists. Therefore, something is shaped into what is; but its usefulness comes from what is not."
-- Tao Te Ching
- Emptiness is always the entrance into the fullness that exists within it. The emptiness is the request for something new to come into it.
- What the mind wants has very little to do with what Life wants. True spiritual teachings entail learning about what Life wants.
- Life is asking for one thing only: It asks that we see that it never stops giving us what it has asked for.
- Until you understand the nature of emptiness, you will fill yourself with everything foolish and vain and futile.
- The emptiness you fear is as imaginary as what you pour into it in order to fill it.
- Urgency, panic, and rushing are the impossible attempts to escape the emptiness to something that your mind has imagined will bring an end to it.
- Real emptiness cannot exist without the something-ness that awaits to fulfill it.
- Fulness cannot be revealed without the emptiness through which it passes.

- True emptiness is not devoid of possibilities. It is full of possibilities.
- Answering any disturbance that you fear using thought is the same thing as avoiding the emptiness that reveals the truth about the disturbance.
- There is birth, there is life, and there is death... and they are not separate from each other.
- You cannot change what you hunger for until you see that what you currently hunger for is more of yourself, and that it is a painful pursuit.
- The last thing that human beings want is the most important thing that they can be endowed with: and that is humility.