



WEDNESDAY, MAY 1, 2024

Realize the Unseen Relationship Between Meditation and Self-Liberation

Key Lesson: Whether a captive of a moment - or changed, and completed by it - all depends on what we attend to in that same moment.

Special Writing: Living in the "Here and Now" Meditation

https://gfmisc.s3.amazonaws.com/20240501_specialwriting.pdf

Talk Takeaways

- The degree to which you see the truth of yourself is the degree to which you will be a free human being.
- It is in the revelation of your limitations that you are set free from identification with those limitations.
- Only human beings, no other creature, can decide for themselves what they give their attention to.
- It is impossible to see that Life is always changing until we agree to let Life change us as well.
- When you are negative, your attention is on what a reaction in you is pointing to as the cause of the negativity. What the reaction sees is not the reality of the experience.

- The ability to attend to whatever you desire is not the same as possessing your own attention.
- If you can give yourself experiences that you want, then why is that you keep having experiences that you don't want?
- The source of your conflict is not in the condition that you blame it on, because there can be no condition that you don't want without the negative reaction to it. Negative reactions explain to you why you don't want the moment.
- Being a conscious participant in the revelation of life as it happens in the here and now, is the same thing as self-realization.
- A sane human being recognizes that the disturbance is part of the revelation of something that they brought with them from the past that needs to be changed.
- The mind is always explaining the ceaseless disturbance of life. But you cannot know what the moment means and participate in it at the same time.
- Double-attention is awareness of what is taking place within you, as well as awareness of what is taking place in the outside environment around you, all at the same time.
- The mind -- with its reactions explaining what just happened -- separates you out from the moment. But in reality, you and the moment are a singularity.
- Within the clarity of awareness of yourself there is a new kind of silence.