



SUNDAY, MAY 19, 2024

How to Stay Cool, Calm, and Collected in the Middle of Any Challenging Moment

First Key Lesson: There is no distance, no time or space in seeing what is; And what is speaks for itself, which means no thought is required to understand what is being revealed in the space of some troubling time. This clarity is choiceless strength, as well as its right use, all at the same time.

Second Key Lesson: The misunderstanding of tension gives birth to anxious, misguided choices; and so it is wisely said, "the sins of the father are visited upon his sons and daughters."

Third Key Lesson: Perfect self-knowledge is peace.

Talk Takeaways

- Enlightenment is not waiting for you someplace, or born out of a knowledge you acquire, or an action that you take. Enlightenment is everywhere.
- Correct action at the right time is wisdom, and that wisdom is freedom.
- All confusion is born out of insistence. If I insist, I can't see. If I can't see, I struggle. What do I struggle with? What's right in front of my eyes that I can't see. That's confusion.
- Imagine if everyone in the world suddenly realized there was nothing in this world they could get or choose for themselves that would ever free them

from fear, anger, and anxiety. What kind of world would that be? That's everything that you are working for.

- What has to change? I have to start seeing for myself the truth of the moment where these choices seem to appear, and what it is that's making those choices for me.
- How did the wise man become wise? He stopped answering his own questions.
- It's a law: the more you resist something, the stronger what you resist grows.
- Every negative reaction contains within it the feeling that there is a consequence, so I better get busy and figure out a choice that's going to save me from it.
- Everything that you need is always right where you are, but it needs an instrument to actualize it.
- In the moment of any resistance, the only choices that appear are binary ones based on "fight or flight." Where do these choices come from? The past.
- The only thing I'm a captive of are my own choices and identification with them. But it's not "me" making the choices.
- Who you are doesn't need to identify with anything. Who you are already holds what is whole, true, and timeless.
- Exercise: You need to want to use the reaction to awaken you to the choices that appear in the moment of that reaction. You have to be willing to pause long enough and come to an interior stop. "Slow your roll/role." Slow your reactionary identification. You can't escape your reactions, but you can realize something is being given to you in the moment of the reaction. See the real choice isn't to take one side or the other but to take the high side that is above both.
- Freedom is the result of transactional understanding where you realize that who you are doesn't depend on the choices that others make.

- Choose to be choiceless. Seeing completely is to understand immediately.
- "I will never again let a fear, doubt, or worry make a choice for me." The real choice - the real crucifixion - is to lay down your life in the moment and see the nature that is trying to choose its way to freedom.
- Enlightenment starts in your body, because your body is already connected to all the planetary and celestial influences.
- Love is about giving, not wanting. About sacrificing, not asking others to sacrifice for you. In the end, love is always a transactional act of wisdom.