



SUNDAY, JUNE 2, 2024

The Wisdom You Need to Let Go and Enter the Divine Flow of Life

Key Lesson: It's well known that storm-tossed waves often expose new treasures along the shoreline...and there is unexpected wealth to be collected by those who know the secret value of rough seas. And yet, even though most of us have little tolerance for anything that "rocks our boat," the truth of the matter is self-evident: Unwanted moments introduce us to dark parts of ourselves that would otherwise never be realized, let alone healed by the Divine light that has come to reveal them.

Talk Takeaways

- The only pain you have is that you don't know that you see life through a set of eyes that although they can't see any differently than they do, you suffer for their poor vision. The pain is always in the nature of the see-er.
- You live in a world the size of the one that you see, and you don't know what else to look for.
- You have to see how absolutely useless it is for you to habitually suffer over the things you do. You haven't expired useless suffering.
- Your mind is filled with what it gives you to see and contemplate as being essential to bringing an end to an inescapable conflict that's actually part of your nature but that you don't recognize.

- You create suffering by trying to figure out how to stop it.
- There is an invisible equilibrium, a harmonious balance that exists at a cellular level, and everything that is built of those cells is itself part of a body that is also in equilibrium and part of a greater body still, etc. So that each body within each body has its own equilibrium, and nothing can come into this greater body that doesn't affect the bodies within it.
- The whole of our life is contained in this minuscule mind that is content with its ceaseless discontent. You have no idea how devious this mind is, how dedicated it is to pursuing what it calls its equilibrium.
- A moment of disturbance is an experience of a "debt in action" -- the appearance of some movement into you that makes it apparent that something is out of balance and that requires being balanced. Another word for this is karma.
- Everything that disturbs us is the inevitable effect of a natural intelligence, not just in our body, but in a greater body that's within a still greater body, all the way from a single raindrop that's falling from the sky to a waterfall, to the ocean of stars that you see at night. Each and all, from the most microscopic to the macrocosmic, is constantly being called to remain in an equilibrium that was part of its creation. But that equilibrium is in a constant state of flux, and that constant state of flux in this grand equilibrium is karma at every level of creation.
- Everything is an element in a river of celestial energies, and that river of celestial energies is always balancing itself so that it can continue to make new creations that come out of it. That's karma.
- I unconsciously believe that whatever it is I'm resisting is against me. But what if I can understand that resistance is one of the elements of karma, continually reconciling everything it acts upon? All karma works for the greater good of all of creation, because creation is never not expressing itself.

- Resistance is part of the movement of the river of life; it's in the river, not set against it. When you let the resistance serve the illumination of the whole of the moment, the resistance becomes the flow.
- A disturbance shows you that something is out of balance, and you're being invited to re-enter into that balance through karma. Karma is the invitation to transcend the nature that temporarily created that disturbance.
- What you call the experience of your life is a ceaseless, beneficent, merciful act of being brought into an awareness of where something is incomplete, and in the moment of the revelation of that imbalance you are brought into something that will bring about a new balance that is eternal and timeless.
- If the shoe fits, wear it. Don't avoid the shoe that has come onto your foot in the moment of disturbance to show you about the nature that wears it.
- Real Life is Self Settling. It never stops settling itself.
- The whole notion of changing our experience of life without changing our relationship to the actual source of that experience has to be seen. The vine that denies the branch is as false as the branch it denies.
- In the beginning was the Word, and there is no moment in which that energy isn't entering into that which is waiting for it to enter into it.
- It is a blessing when finally by the grace of God and your willingness to accept whatever is required of you that you enter into the true river of life and start realizing that resistance is actually part of the flow.
- Agree to let everything come into you just as it comes. It's there to settle the moment so the new moment can become the next settlement. Let go and let God -- let go and let it flow.
- Exercise: "If the shoe fits, wear it." At least attempt to be a decent human being. Watch the nature that comes up to say, "This doesn't fit me. It's not me, it's them. They bought me a pair of shoes that are too small. They're trying to cram my foot into this shoe." No one is trying to cram your foot into

a shoe -- you're trying to cram what you don't like into some idea you have that you should never be disturbed. Life IS disturbance, because life is part of this movement of active and passive, of that which resists the touch and that which is changed by it. Allow what is trying to show you this imbalance to bring you into balance with it. Not my will, but thy will be done. Then you will find that you enter into a completely different relationship with life.