



WEDNESDAY, JUNE 5, 2024

Free Yourself from False Starts and Painful Dead Ends

First Key Lesson: Every step along the path (of life) is the first - and the last - for anyone who chooses to walk in the silent light of higher self-understanding.

Second Key Lesson: Awareness is the field of all relationships; but it's (our) attention that determines not only what we experience in that field, but the nature of that experience, as well.

Key Question: No negative state can linger without (it) being given the attention it needs to hold us in its dark web of painful thoughts and feelings. So, the question is: what part of us wants to keep what is unwanted alive, and how is this being done?

Talk Takeaways

- We are more concerned with how we are being perceived than in being attentive to where we are and to each step that we take.
- Not wanting to be where you are is the same as not seeing how you just stepped into where you are. It is your attention that takes you to the place that you don't want to be.

- What is it that keeps us reliving what we don't like? Because we keep giving ourselves reasons why it is necessary to relive it.
- We are a victim of our own reasons. Our reasons validate us as the victim of moments we don't want that are believed to be unfairly thrust upon us.
- We feel inadequate because we give ourselves reasons why we should never feel inadequate.
- The more reasons you have for why you don't want what you are experiencing, the more you will experience what you don't want.
- The mind only knows how to look outside of itself through the eyes of thought. Our real missteps take place in the interior world, and we enter into the interior world through our awareness of it. Then the task is to attend to whatever that awareness reveals.
- In reality there is no difference, and no distance between, the observer and the observed. What our consciousness sees is not different from itself.
- You cannot suffer unnecessarily without having reasons why that suffering is unavoidable. Our attention becomes riveted on those reasons.
- Be willing to go into the suffering instead of letting the mind explain what you need to do about the suffering.
- Learn to develop attention significantly enough to stem the tide of the mind's reasons why you need to escape unwanted moments. Study the nature that is giving you those reasons. Become a student of the consciousness.
- The consciousness that doesn't want to experience the moment IS the unwanted moment you are experiencing.
- Reasons never save you from what is unwanted. All they do is solidify the sense of being a victim of unwanted moments. Study the nature that is giving you those reasons.