



WEDNESDAY, JUNE 19, 2024

Insights into Awakening the “All-Seeing I”

First Key Lesson: To realize that I AM - and always have been what I was scarcely aware of in days gone by - is the first faint, but deep stirring of the Truth that sets you free.

Key Question: From where comes this other-worldly Light that shows us what we don't want to see in the moment of any unwanted revelation, and whose eyes are these that see a truth that ours would rather not? Whose heart is no longer content with what the world can give us...and whose voice, vaguely recognized as our own, calls us to answer these questions?

Second Key Lesson: The "eye" of the "I" that sees the whole truth of any moment...looks in, and upon itself.

Third Key Lesson: Awareness is the "single eye" of consciousness (in the timeless act of) realizing itself as a witness to the ceaseless revelation of itself.

Talk Takeaways

- When captured by a negative state, we cannot see ourselves as we are. In those moments, we can only see through the negative state's eyes.
- There is something present in any moment of revelation, something that is always there, that is more than who you have been.

- The source of your pain can never deliver you to the end of that pain in the way that it promises.
- Most people spend their entire lives looking anxiously around the bend, hoping that something will come down the river of dreams to complete them.
- The part of us that makes plans to be free cannot see that those plans are powerless to bring about the freedom and peace that it seeks. Who will we be if we do not have a time to come in which we will be free?
- Real aspiration is reaching up for something that you cannot provide for yourself, something that is just above your grasp.
- Who and what you have been only knows to turn to itself to find rescue from who and what you have been. Letting go of the attempt to save yourself becomes possible when you see this fact in yourself.
- Awareness is the mysterious third party -- the One behind the mirror -- that knows that our experience of life, and what is perceived as being outside of ourselves, are one thing.
- It is futile to hide from yourself what you are given to see about yourself.
- Our hope must not be in things seen, but in the Seer.
- I see Thee. The 'I' that sees you is not separate from the "you" that it sees. The seer and the seen, the observer and the observed, are not really separate, not really opposites at all. The third-party of Awareness sees both at once.
- You cannot be in thought about a moment and aware of the moment at the same time.
- Allow resistance to be a force used for revelation of the truth -- which is the purpose of the resistance -- instead of allowing that resistance to tell you what is true.

- A real prayer comes out of seeing that you are powerless, of yourself, to change what you have seen about yourself.
- Not-wanting what you have to go through does not change anything for the good. All not-wanting does is ensure that you will not be there for the revelation of yourself that is part of the experience.