



SUNDAY, JUNE 30, 2024

Insights into the Immeasurable Nature of Your True Self

First Key Lesson: Just as a prism takes in sunlight to reveal its hidden array of colors, so do impressions pass into and through (our) awareness, revealing therein an infinite number of unexpected characters, and their qualities...in that same moment.

Key Question #1: How deep, how free does silent awareness run? As free, and as deep as the absence of any transitory sense of self caught in a shallow pool of its own making, trying (in vain) to fathom, or otherwise measure...what dwells in the depths of a Life beyond imagination.

Key Question #2: Where does our sense of self - inseparable from what it sees as being the cause of its experience - begin, and where does it end?

Second Key Lesson: There's nothing personal about any moment in life unless thinking makes it so.

Third Key Lesson: The experience we take from any given moment is what we make of it!

Special Writing: "Wordlessness is Next to Godliness"

https://gfmisc.s3.amazonaws.com/20240630_specialwriting.pdf

Talk Takeaways

- A poet could write for decades about an impression, yet still not come close to the totality of the revelation.
- You are like the fish in the ocean seeking the water. You are already within what you long for.
- The more you give your attention to something, the more you discover about yourself through that relationship.
- The Vine is infinite relative to the branch, and the branch is infinite relative to the fruit.
- Everything that you see is not separate from you, but a sense of self wants to set itself apart from what it sees so that it can exist temporarily. That self does not know who it is without distinction.
- Where does the world outside of me begin, and where does it end? In reality, inside and outside are a singularity. There is no beginning and there is no end. What you see outside of yourself is not separate from the seer.
- Most people live in a constant state of disturbance caused by resistance to objects (people, events) that come into their awareness.
- Nothing comes into creation without an active force acting on something that resists it. But ultimately, the active and the passive are a singularity.
- The mind that has been disturbed wants to return to the state that it was in prior to the disturbance. In the instant of the disturbance, the mind will define it as something outside of itself that must be manipulated.
- Awareness itself is without experience, and yet it allows for every experience.
- In knowing the meaning of the moment, the mind can hate the moment that it is defining.

- There is no suffering of the personal kind in awareness.
- The mind is constantly dividing itself from life so that it can save itself from what it sees.
- The key phrase in the story about the knight and the black amorphous creature was: "I've decided that I'm not going to make anything out of you."
- Catch yourself making something that you don't want to experience.
- Exercise: On the in-breath, bring full attention within yourself. Then on the out-breath, expand that awareness by including the outer world that you see into that awareness.
- There is no psychological fear without negative imagination.