



SUNDAY, JULY 7, 2024

See Through this Fear and Start Walking Through the Endless Worlds Within You

First Key Lesson: Believing that avoiding the experience of an unwanted, or otherwise unknown moment is the same as freedom from the fear of it is like being lost in the African bush, crossing paths with a hungry lion, and hoping that if you just look the other way...it will too!

Second Key Lesson: The one prerequisite for those who would make the great Journey within is that not only must we agree to leave behind us the imagined safety net of the known...But that we keep walking - willingly - into and through the wild lands of ourself with no intention other than to discover, and realize all that we are being given to see.

Talk Takeaways

- Presently our lives are much more about the avoidance of life rather than the fulfillment of its possibilities. That consciousness cultivates pleasures and avoids pain.
- We avoid running into anything that we don't presently understand.
- Something inside of us that is more than just the physical body wants to go beyond the physical, to understand more about the whole of life.

- Spiritual development is voluntary. The heart does not grow by itself. Understanding can't grow by itself.
- The not-wanting of the experience that you are in... IS the experience that you don't want.
- Unavoidable moments have come to reveal the fearful level of self that avoids anything it doesn't understand.
- The seed that lives yet to be unrealized within human beings has an infinite capacity to realize perfect symmetry (similarity). It is designed to experience all frequencies at all times.
- There is a part of us that increases the pain of others every time that we avoid our own pain.
- If we are not willing to explore the experience of the moment, then we are relegated to living within the bandwidth of the consciousness that rejects anything it does not agree with.
- What we call a "disturbance" is the interruption of anything that falls outside of the comfortable bandwidth that we have become accustomed to living within.
- You cannot experience anything more deeply than the experience of what you already are.
- To go through something means to consciously explore the similarity that the condition is bringing up in you.
- We are not meant to live within a small, comfortable bandwidth that rejects all experience that is perceived to be outside of that bandwidth.
- Fear is not built into the actual moment. Fear is the attempt to keep the already-known experience of the moment in place.
- Anytime you carry around a "why" to explain the moment, you have interrupted the experience of your true nature.

- Exercise: Stop avoiding the experience of yourself. The Three Musketeers was a novel about the trinity. "One for all and all for one." Let that be your spiritual motto. Let the invisible action of the invisible trinity be received all at once. No exceptions, no distinction. Bring something new into the experience by being willing to experience something new.