



WEDNESDAY, AUGUST 14, 2024

Throw Open the Shutters of the Sleeping Mind and Welcome the Light that Sets You Free

First Key Lesson: There is only one requirement if our wish is to "boldly go where no one has gone before"...and that is to realize that not only are we the explorer, but the new frontier is either found within us, or not at all.

Second Key Lesson: Since what troubles me, troubles me now - then now is when I must awaken to and address within myself whatever it is that makes me ache. To delay this interior work is to lose sight of the doorway that my own disturbed state opens for me, and beckons me to enter.

Talk Takeaways

- An awakened individual represents for us the possibility of an entirely different order of existence.
- You can't wait to make something of yourself. That is the reason for all of the planning and hoping and dreaming.
- The problem is that we live in a consciousness that has made a world in its own image.
- The problem with life's changes is that they do not agree with the static images that we identify with.

- How do we know that we are not supposed to feel the way that we feel? Resistance tells us so. Resistance says that we should never feel any disturbances.
- There is no "you" that is separate from the experience of yourself. But that divided consciousness believes that there is something else to blame for its experience.
- The mind calls on anything that it can find in order to escape from the conflict it feels. The divided consciousness' refusal to see itself IS the conflict that it feels.
- What would your day be like if you were not always trying to prove yourself? What would your day be like if you weren't always trying to plan for a better tomorrow?
- Why does the mind always look for any consolation whatsoever? It looks for consolation because it is always in pain.
- Judging yourself for having been asleep is just another dream.
- Can there be a dream without the illusion that there is a dreamer that is separate from the dream? The dreamer and the dream are one thing.
- Our attention is entirely object-oriented. We believe that the object of our attention is different from the subject that is attending to it, creating the illusion that the cause of the experience is outside of the consciousness that is producing that experience. In reality, the self and the experience are a singularity.
- The real illusion is that there is a you by your name that needs to be saved. Saving yourself is spiritual sleep. You will wake up when you are no longer there.
- The active and the passive -- the opposites -- must meet, and it is Love (Agape) that joins them together.

- We do not have to follow or believe anything at all. Seeing is always the right action.
- This work is intended to lead you to a place inwardly in which you have absolutely no idea who you are. Your ideas about who you are IS the conflict you feel.
- From Question #3: "Six Ways to Know a False Inner Guide from the True One"...

1. The true inner guide fears no outcome, while the false inner guide can't stop trying to protect itself from its own imagined fears.

2. The true inner guide quietly invites you to take a new direction, while the false inner guide first pressures, then pushes you in the direction it wants you to take.

3. The true inner guide is unshakable, collected, and composed, while the false inner guide is always on the verge of coming unglued.

4. The true inner guide never tries to talk you into an action, while the false inner guide can't stop talking about the action it wants you to take.

5. The true inner guide understands that you must make mistakes along the way, while the false inner guide harshly judges every misstep.

6. The true inner guide remains open and receptive to any life lesson, no matter how unwanted, while the false inner guide shuts down and rejects any revelation that threatens its flattering self-image.