



SUNDAY, AUGUST 25, 2024

## **A Simple 3-Word Spiritual Exercise with the Power to Help Set You Free**

Key Lesson #1: We are so occupied trying to fill our lives with what we want that we can't see how all that we need is being given to us freely every moment of the day.

Key Lesson #2: Life does not turn for - or against you - any more than the turning of the leaves in the fall serve to favor, or to thwart the growth of a tree as it goes through the turning of the seasons.

Key Lesson #3: Only when, and as our wish to see the truth of ourselves...is greater than our fear of its realization, only then will we learn what can't be discovered in any other way; and where, for this higher self-knowledge - that can't be gained in any other way - are we liberated from the prison of (identification with) negative imagination.

Key Lesson #4: If we will persist, at all costs, with our interior work - immersing ourselves in its ever-deepening revelations - the glad day comes when we simply melt into them... proving that we are neither the one who seeks truth, nor the one who finds it, rather (we are) a level of being that is, and always has been both.

Special Writing: "The Great Awakening"

[https://gfmisc.s3.amazonaws.com/20240825\\_specialwriting.pdf](https://gfmisc.s3.amazonaws.com/20240825_specialwriting.pdf)

## Talk Takeaways

- Presently we put our explanation of the moment over exploration of the moment. A reversal must take place. The first shall be last, and the last shall be first.
- The learning of real lessons is more important than anything else that takes place in our lives.
- An epiphany is the marriage between the exterior condition and the part of ourselves that is stirred by that condition.
- We are created to participate in the movement of life rather than trying to control it as we do now.
- The mighty oak lives in the tiny acorn, but it requires conditions acting on it in order to fulfill its possibilities. The acorn and the oak depend upon the conditions to fulfill its purpose. It is already complete in a time too great for the eye to see.
- We are all complicit in creating the events that we presently perceive as being outside of ourselves. We are complicit in the events which we presently believe we play no role in perpetuating. That consciousness is always trying to escape from the circumstances that it is complicit in creating.
- Everything about our lives has been an attempt to get what we want, so that the nature that wants to be first can ostensibly remain first.
- The world provides endless distractions designed to take you away from where you are and what you are doing in the present.
- You can't come to a stop because you are trying to complete yourself. It is impossible to complete that self. Who you really are is already complete.
- The three-word exercise is "Wait your turn." Let the moment finish. Instead of putting your goals and ambitions first, wait your turn. Catch the painful demand to always be first. Wait to see what the moment wants to show you

about yourself, and let it do what it wants to do to you. Watchfulness before willfulness. Exploration over explanation.

- When you reach the place that anxiety tells you to rush to, the anxiety is still present when you get there.
- The imagined place of freedom in a time to come is the present captivity that you are trying to find freedom from.
- You'll never wake up until you understand that there is no end to creation, which means that there is no end to you.
- A painful want is really the not-want of a nature that doesn't know that it is complicit in the condition that it is experiencing.
- Why would you anticipate a problem? Because something in you has to be prepared to deal with the pain that will come with the problem. Instead, wait your turn, allow the moment to resolve in its time.