



WEDNESDAY, SEPTEMBER 25, 2024

Crossroads and Other Signposts Along the Way to Self-Awakening

Key Lesson: Here's why it's impossible to (try and) protect ourselves from the fear of uncertainty or disappointment and - at the same time - hope to deepen our relationship with the Divine: self-realization is (our) atonement with the ceaseless revelation that emptiness and fullness are to one another...as are the four seasons that seemingly turn from one into the other.

Talk Takeaways

- Anytime that we momentarily enter into a new dimension of our own understanding, it opens the door for everyone else.
- When you see something new, you are new. You are introduced to a new relationship within yourself.
- Seeing something new is the sudden removal of a wall of thought that obscures what has always been there.
- The mind makes images out of experience so that it can understand the disturbances that it encounters.
- The mind tries to escape from emptiness by imagining a fullness to come.

- You really find peace when you understand that the fullness or the emptiness of the moment has nothing to do with "you," which means that you stop trying to change what is happening.
- The thought of something is a two-dimensional shadow representation of the three-dimensional world that it describes.
- Who you really are, your true nature, lives in a world that is above the back-and-forth movement of the opposites.
- Life is always bringing you something that asks for your attention, but the mind rejects anything that does not fit within its conditioning. Life is always asking us to be involved in life.
- Everything in the future is in your imagination and no place else.
- Real gratitude cannot be separated from the grace that gives it to you. Real gratitude is spontaneous, not a memory.
- There is a difference between spontaneous gratitude and the feeling of gratitude that you try to give to yourself.
- Gratitude is a state in which you are in relationship with that which gives you life.
- The dark night of the soul cannot be separated from the presence of a light that reveals that you have been living in the dark, calling it the light. It is the movement from who you have been, to a world that can see who you have been.

- The dark night of the soul is the revelation of the uncertain mind that is fixed in its beliefs, attached, not in relationship with the movement of life.
- Following everything that you imagine about the spiritual path guarantees that you are not on the path.
- Each time that you see the truth about something in yourself, a veil falls away. Identification is a single veil disguised as a thousand different veils.
- The effortless life is you understanding that you are an intrinsic part of all that is moving.