



SUNDAY, SEPTEMBER 29, 2024

Free Yourself from Anxious Thoughts and Feelings with One Supreme Action

Key Lesson: In this life – regardless of circumstance – there is no greater reward than our God-given right to see what is true, and then to do what is asked of us in the light of that revelation; neither is there any task that comes with so great a personal price.

Talk Takeaways

- "Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done." -- New Testament
- For us evolution is imagination of the direction we need to take in order to finally be at peace. But you cannot evolve yourself. You cannot evolve into new understanding by yourself.
- Every true instance of evolution involves a relationship with that which asks you to give up who and what you have been.
- You outgrowing something is the same as growing into what you are intended to be. Life is always asking you to outgrow something old, and therefore grow into something new.
- Creation is an unfinished business. Every creature that exists is already in relationship with what is required for the next stage of its growth.

- There is something in us that can't wait to point out the people and circumstances that are against our growth.
- Opposites attract because each side by itself is incomplete. Each side needs the other in order to return to their original unity. Yin and yang are a singularity.
- The need for something, and that which fulfills the need, are a singularity.
- Resistance is built into attraction. The moment there is an attraction to something, there is resistance to anything that stands in the way.
- The one thing that never occurs to us is that Life is saying, "I want something from you." As opposed to you just asking for what you want all the time.
- Anything that grows surrenders itself to that which allows it to grow into that new possibility.
- You cannot say "I want this" without at the same time saying "I don't want that."
- All reactions are an intersection of celestial opposing forces.
- Life is always asking if you will do Its Will, or if you will do your own.
- The unwanted moment is Life saying "I want something from you." What Life wants is for you to be free of wanting and not-wanting.
- The one supreme action is surrender. Allow what is incomplete and in time to be acted upon by what is already complete and timeless.