



SUNDAY, OCTOBER 6, 2024

How to Win at Life without Really Trying!

Key Lesson #1: Here's the truth that helps sets you free, but only as you agree to see its Divine Law at work within you: Real Life never asks for one thing more than what it's already given to you - in that very same moment - to make Good its request.

Key Lesson #2: Unconscious imitation, with its inherent identification, always creates useless suffering.

Key Lesson #3: We have been deeply conditioned that we are somehow special - 'God's gift' to humanity; and because we've become identified with these social, cultural, even religious beliefs about what makes us so distinctive, we live in a constant, though often hidden, fear of any circumstance that might prove this image (of ourselves) as untrue.

Key Question: Is it possible to avoid the experience of yourself, to not want to see yourself as you are in any given moment...and be true to yourself at the same time?

Talk Takeaways

- A "winner" according to the world is someone who gets what he or she wants. These "winners" then have to protect what has been won.

- Real freedom is to no longer feel the need to protect what you believe you have won.
- A real winner, in the higher sense, is someone who exits the moment with more understanding than when he or she entered into it.
- In order to get through the moment, we believe that we need the qualities that other people seem to possess. But the people we idolize do not possess the qualities we attribute to them.
- Conflict with life comes out of imagining a life without conflict.
- Feelings of inadequacy are born out of comparison. And comparison is born out of dissatisfaction with what is.
- Fear seems to prove that you really do possess valuable something that needs to be protected. Fear seems to prove that there really is a "you" that needs to be protected.
- The nature that is in conflict is struggling with itself. Conflict is the mind believing that it can escape from its own conflict.
- Individuality is about being. Whereas identification does not exist without the idea of becoming.
- There is no such thing as the idea of becoming without something not wanting to be what it is.
- The world that we create, in the attempt to become the person we imagine, turns out to be our captivity. What we thought would free us turns out to be the source of fear.
- Is the pain of the moment because of the way you are? Or is the pain of the moment because of what you don't want to be and who you want to become?

- What if you knew that you were not here to just get through moments you don't want? What if you knew that you were not here to avoid seeing what you are given to see?
- Anyone or anything in life that does not confirm us as "God's gift" is made into an enemy. We judge anyone who does not see us in a favorable light.
- Blaming the pain of the moment on something outside of yourself is the same as avoiding the experience of yourself. When we blame, we do not see... rather, we are being given something to see.
- You keep trying to prove to yourself that you are someone other than what you don't want to be.
- Real peace cannot be separated from the understanding that you are what you see, that the observer is the observed.
- The mind can't try to escape from the present moment without also imagining a better moment to come.
- The root of all true religion was the negation of what is not real, not the affirmation of ideas about a future freedom.
- The true experience of being has no searching in it. In the experience of being, there is no separate sense of self. Whereas for us, our sense of self is the product of separation.
- You don't have to try to win at life. Life has already won the battle for you. But you have to SEE that it is already done by remaining in the field of experience.
- Stop trying to win. Instead, start working consciously with what you are given to see. The real struggle is to see the mind that is struggling against itself, and to set that useless struggle down. Stop struggling to do the impossible. Stop struggling to be who and what you already are.
- People live their entire lives in fear because they imagine a fearless life.

- You not wanting the experience of yourself is the continuation of the self you don't want.