



WEDNESDAY, OCTOBER 16, 2024

Step Out of the Rush and into a New World Within You

Key Lesson #1: In time, with enough struggle and effort, we can make of ourselves a momentary ruler of whatever kingdom we set out to create; but only when - and as - we learn what it means to rule ourselves do we lose nothing when that kingdom fades away...as must all creations in time.

Key Lesson #2: Despite the seeming paradox in the following insight, real self-command begins with a shocking discovery: not only are we not in charge of our own life as we imagine, but that until we're awakened to see this as fact - and so begin to deliberately struggle with all that this revelation infers - an unconscious nature remains in command of us.

Key Lesson #3: Before we can even consider the deliberate sacrifice (of self) needed to step out of an unconscious nature that is always in a rush, we must realize two things: first, that not only are we not the one choosing what moves us as it does, but that as long as we remain identified with those movements we will keep going absolutely nowhere...in a hurry.

Talk Takeaways

- Nature's creatures are already productive because they are already a participant in the whole movement of creation.

- "Which of you by taking thought can add one cubit unto his stature? And why take ye thought for raiment?" -- New Testament
- What does it really mean to be a productive human being? What is the nature of true productivity?
- What is it in us that believes that it is wise to rush in order to free ourselves from anxiety?
- When you feel the sense of urgency to do something, it is not "you" that moves you to go after what that unconscious nature wills. In those moments, it is an unconscious nature that commands you.
- A strong sense of urgency provides a strong sense of self, which is why that unconscious nature rushes.
- Presently, anxious thoughts and feelings are invisible to us because we just unconsciously run right along with them.
- We have to slow down in order to see that we are being prodded by anxious states. Slowing down reveals the pain in the machinery of the anxious state.
- Learn what it means to move deliberately. Slowing down is the same as moving deliberately. Moving deliberately is the same as being aware of what wants to move you for its own purposes.
- Exercise: Deliberately pick up an object, then with the object in hand deliberately walk to another part of the room, then deliberately place the object down. Then deliberately pick it back up again and walk back to where you were. Watch that unconscious nature that does not want you to move deliberately.
- The only way it is possible to take a deliberate action is to be conscious of, and begin to observe, the nature that moves at the speed of thought.
- As often as you are reminded to do so, remember to deliberately slow down. As deliberately as you can, finish whatever task you are doing. Find ways to remember to live more deliberately.