



SUNDAY, OCTOBER 20, 2024

Realize the One Great Lesson at the Heart of Self-Liberation

First Key Lesson: United we see, and are free; divided we struggle...and fall.

Second Key Lesson: Only complete action on our part has the power to teach us - completely - the one great lesson at the heart of what real Life would have us learn.

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https://gfmisc.s3.amazonaws.com/20241020_picture_prism.jpg

Talk Takeaways

- There is no action that we take that doesn't begin with an impulse born of an unseen set of energies that inhabit us.
- The mind's analytical interpretation of a disturbance is not the actual reality of that moment of disturbance. The reactions that come out of the mind's analysis are based on illusion.
- Everything we do to change our experience of moments we don't want comes from an unconscious, mechanical will that does not belong to who you really are.
- The choices that are given to us in an unwanted moment are from a nature that feels threatened by what is happening.

- The choices that come out of reactions to unwanted moments are usually of the negative kind.
- The only real free will is the free will to choose who or what you will serve.
- If you see everything in the light, and I see everything in the light, then why do we fight?
- We are creators of experience instead of being an experience of creation.
- "Ye are my witnesses, saith the Lord, and my servant whom I have chosen: that ye may know and believe me, and understand that I am he." -- Old Testament
- Wherever you go, whatever you are doing, whatever is going on around you, what you are experiencing is yourself. Not understanding this leads to not wanting the experience. The mind's interpretation of the experience leads to not wanting the experience of yourself.
- Before life asks you to do anything in response to an experience, it first asks you to be aware of the source of that experience.
- "The universe is not outside of you. Look inside yourself; everything that you want, you already are." -- Jalal al-Din Rumi
- Real life would have us learn that we are not actually separate from what presently seems to be outside of ourselves.
- The only way to bring an end to conflict is to be aware of the whole, as opposed to the conflict that comes out of thinking about the individual parts.
- Before you do, see. If you stop deliberately, you will see that a part of you is pushing you to do.