



SUNDAY, DECEMBER 1, 2024

Take Your Rightful Place in the Divine Revelation of Life

Key Lesson: The spiritual journey is not a movement through time, as if one travels from "here to there"; rather, it is an indwelling realization of the interaction of celestial forces giving birth to an immaculate conception; and where, for one's awareness of this relationship, one's sense of self ceases to be a mere effect - an unconscious byproduct born of being identified with some passing event - and instead, one begins to realize oneself as a partner in the Divine revelation of Life.

Talk Takeaways

- You are never going to have a life that is completely free of troubles, but you can understand the nature of those troubles.
- Letting go has nothing to do with what the mind points to as the source of its pain.
- If you are not in contact with your body, then you are only in contact with thoughts and the sensations that are produced by identifying with them.
- Tension in the body starts in the mind that is asleep. The body picks up on the mind's tension as the mind protects itself against external threats.
- The mind that is stressed explains to you why it is stressed and what you should do to resolve that feeling.

- The resolution to stress in the body is inherent in the awareness of the psychological root cause of that stress.
- Useless suffering comes to an end only when we come to the end of resistance. And unconscious resistance comes to an end when we understand the nature of identification.
- The pain is in the resistance, not in the condition being resisted. In addition, what is resisted is imagination about what the condition means, not the actual condition itself.
- The end of useless struggle comes when we stop being complicit with the consciousness that produces it.
- There is a natural resistance between what is heavenly and what is earthly, between what is active and what is passive. The mind does not know the true nature of that natural resistance, and consequently it identifies with its own interpretation.
- Identification produces a personal desire that takes the place of an impersonal relationship with natural resistance, the will of heaven as it touches the earth.
- The only thing that the lower consciousness can call on to resolve the disturbance is its own imagination.
- You are already identified with what you don't want before the event that is blamed for the disturbed feeling even arrives.
- "Being struck by an arrow is painful, but being struck by the second arrow is even more painful" is an idea from Buddhism. The pain of the first arrow is natural. The unnecessary pain of the second arrow is the reaction to the first one. Let the second arrow fly by. Don't make it personal by identifying with the reaction.
- Use the appearance of resistance as the herald of revelation of the thing you are identified with.