



WEDNESDAY, DECEMBER 4, 2024

Lights Along the Way to an Awakened Life

Key Lesson: If we don't wake up, and break the cycle of useless suffering, it will break us.

Talk Takeaways

- Most of us try to prove to the world that we understand, and then we are in conflict with anyone who does not acknowledge us.
- If you are not renewed, you cannot have new understanding. If you ARE renewed, then you can have endless new understanding.
- There must be a sacrifice of something old in order to find new understanding. No sacrifice, no change is possible.
- There is discontentment behind the mind that is always anxiously trying to use thought to understand what disturbs it.
- What if you knew that there is nothing in this life that you need to prove? Fear is always trying to prove that what it believes is valid. You can understand the pain in trying to prove yourself.
- "Seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you." Paraphrased: See ye first, and nothing can be taken from you.

- Every moment is the flowering of what is timeless acting upon what is in time.
- Doing is downstream from being. Our task is to begin dying to the doer, which itself begins by seeing the truth about what the doer has been doing to you. Through seeing, you can understand the nature of the doer.
- "Why me?" thoughts are the sad result of a nature that does what it does in order to take something from the moment, under the guise of being a caring, unselfish, sincere person.
- We relive conditions from the past because our actions are not innocent. We are always trying to extract something from the moment. Right actions are their own reward, and they are complete.
- The mind lives in constant fear that it will not know in advance what to do, or what will happen.
- The reason that things haven't changed is because something goes before us to make sure that everything is always recognizable, familiar. Familiarity breeds contempt.
- Awakening is not adding something nice to yourself. Awakening is the process of negating all forms of identification, which is the source of fear and unnecessary suffering.
- Affirmations do not work, and in fact cause harm, because what we are really wanting to affirm is an image of ourselves. Negation is the beginning of the end of deriving an identity from an image.
- Negation is the end of the path imagined and the beginning of an unimaginable path.