



SUNDAY, JANUARY 12, 2025

How to Unlock the Lost Treasure of Your True Self

First Key Lesson: Being in conscious relationship with what is Holy in life is only as possible as we are willing to see, and to be, accordingly, the whole of who and what we are in each moment.

Second Key Lesson: The Sleeping man is much like a weathervane, turned round and round; first (its) heading is east, then west; now south turns to north. Driven to move, but going nowhere because, like the moment-to-moment capricious desires that spur him on, he has no direction of his own. And, like the weathervane, his erratic thoughts can only point, but never arrive; his emotions change direction, as dictated by whatever the prevailing wind; and so, because he is void of any other will, he has none.

Third Key Lesson: Actively at rest in the unseen space between "here" and "there"... between "now" and "then"... dwells a Timeless Realm that is "all" and "everywhere" at once; it cannot be seen with the eyes; it is beyond anything the mind can imagine; and yet...because this Kingdom resides in the heart, it can be realized in any moment when all three parts of oneself — body, mind, and heart — are gathered together in the silent light of higher self-awareness.

Fourth Key Lesson: We can no more awaken ourselves to ourselves than can a rose bloom without sunlight. So the very fact of being able to see ourselves as we are (and have been) proves, undeniably, the existence of another order of intelligence — and a compassionate one at that.

Talk Takeaways

- Each of us has three different "bodies": a physical body, an intellectual body, and an emotional body. These three bodies are presently disconnected from each other.
- The physical, intellectual and emotional bodies are intended to work in concert, but they are almost always in conflict with one another.
- There exists a higher body altogether that is always present, but we are not present to its influence.
- "Are not two sparrows sold for a farthing? and one of them shall not fall on the ground without your Father. But the very hairs of your head are all numbered. Fear ye not therefore, ye are of more value than many sparrows."
-- New Testament
- A three-key treasure chest requires three different keys to open. The three keys represent three aspects of an individual. All three aspects are required to work together to unlock the treasure hidden within.
- For us, the successful solution to a problem means that we get what we want. A truly successful solution is good for all.
- Lessons keep coming back so that we can see that we have unfinished business with the parts of ourselves that are in conflict with one another.
- Real self-knowledge is a simultaneous awareness of our physical sensations, our mind, and our emotions.
- Real self-knowledge is the awareness that you ARE what you are seeing. What you observe is not outside of you, and you are a part of the unfolding moment that you observe.
- Something in us never stops measuring who we believe we are against the moment that we are in.

- Exercise: Use the three keys to realize the whole of yourself: See it, Sense it, Feel it. The mind, the body, and the emotions in harmony within the awareness of all three at the same time. Open the treasure chest and bring out the mirror in which you can see yourself. Then you are momentarily in complete relationship with the moment. Do the work to stay in touch.
- The mind talks all the time in order to reconcile the things that it thinks about. The unconscious struggle of thought is not your struggle.
- The dissatisfied mind creates images in the attempt to resolve the dissatisfaction. Don't go along with the mind that wants to replace the dissatisfaction with what it imagines will provide satisfaction.