

**September 2023 “Weekend of Wisdom” with Guy Finley**

***There is No Greater Joy in Life Than This!***

**Friday, September 22, 2023**

*Discover the Quiet Joy and Peace Born of Just Being Yourself*

We have a lot to discuss over the next several days. I actually began on Wednesday and if you're just joining us for the first time, I believe that that Wednesday talk on useless actions will be included in the material available from this talk series. And I would urge you if at all possible for you not to miss any of the talks beginning with Wednesday. I'm going to talk tomorrow on inside timer in the morning. I'm going to speak again around 12 1 30 I think tomorrow. No, that's not right. 11:00 AM tomorrow. I was close. One 30, 11:00 AM It's hard to keep track of all this. Uh, and then again on Sunday we're going to look at this whole idea of entering into a relationship with something that for that relationship we realize what can only be called an unimaginable joy and I would hesitate To, To warn you. Don't imagine what that is. We are betrayed every time that our mind goes into thought about what something is or will be Every time. You can't have an imagined God without suffering for that imagination. It's impossible. That's why in this key lesson it says there's more joy in a single drop of water on the tongue of a man in the desert than there is in all the knowledge in the world old. These talks are meant just to give you a taste of something. I can't drop it in your mouth. You have to be the one that's open and receptive to the ideas and I would urge you to constantly refresh yourself, bring yourself back into your body. Be here in the room the whole time. It will be exhausting. I can guarantee it, but it will also be refreshing something inside of yourself that has gone to sleep and that you don't know has gone to sleep and that the joy, the real joy in life is this sudden reunion, a moment where a person is suddenly connected and completed by something they didn't even know was missing. I remember a couple days ago I was sitting out on my little deck and it was warm and I was quiet. It was beautiful. The all the deer was there, all my friends were visiting And out of the clear blue sky a breeze came. And I remember being so grateful for that breeze because it perfected the moment for me. It was unexpected. It wasn't called for and there it was. That's exactly what your relationship with the divine is meant to be like. Let me read to you the second key lesson for this class. I have a third, it'll go up and then we have a special writing that we'll get to at the end of the meeting. Here's the second key lesson and it connects with what I just told you. Real joy is spiritual in nature because it comes upon us from within us with without being called for. It is a quiet awareness of being in the presence of what is holy through no effort of our own. It is the quiet awareness of being in the presence of what is holy through no effort of our own. It seems like a contradiction in one respect, this idea of no effort of our own. But it only remains a contradiction as long as we remain a remain asleep to who and what we are, which is the first or the second talk in this series of there's no greater joy in life than this. This talk is called the quiet joy and peace born of just being yourself. Wow. Just imagine that. What what if. What if that were true? The quiet peace and joy of just being myself. What if it's a fact that all that we need in any given moment to know an unconditional freedom is unconditionally being given to you in every moment. What if that's true? This is what we're going to explore over the three days that we're together. But it begins with meaning. The explanation, something that I hope you've been prepared for through your work, which is I cannot find this outside of myself without knowing it. My entire life has been dedicated to seeking something outside of myself through which some relationship with it I would suddenly be realized and it doesn't exist. The very fact of looking outside of myself for something to grant me the freedom means that when I find this person that place, this position, that power, the moment I find it, I am no longer free. I'm the captive of an ideal that without knowing it I've become identified with. And the minute those conditions change out the door goes my freedom and my peace. And by the way, out the door goes the possibility of me discovering this unthinkable idea That in the very heart of myself, not in thought. See this is the big problem. You have to recognize whenever you want something or don't want something, the first place that you turn to or more accurately that you or attention is turned to is thought because we think somehow that thought isn't outside of us. We think thought is somehow one and the same as who we are. And it is not. Nothing could be further from the truth. You are tortured by thought and then thought promises you pleasure. If you just do what that torturous thought beckons you to do, what if it was true? All that's needed is for me to be myself. How would that change my relationship with the moment? Do you understand the question? Because what is my relationship with the moment now? What is my relationship with the moment now I want and I don't want, that's my relationship with every moment I want and I don't want, I need and I don't need everything about our present relationship with the moment is divided. It's divided up into a me who sees and who rejects or me who sees and wants to receive so that I'm forever separate from the very moment that is the basis of my existence. I'm forever separate from it. Sunday we're gonna go into great depth looking at that idea, how are we going to see this truth that I've just described to you? I don't know if you're familiar with, and I may mispronounce her name, Simon Weill notwithstanding whatever your reaction or relationship to that name is. This is a woman who back in the day, I think in the early thirties or forties, if I'm not mistaken, I'm not sure, had some incredibly clear epiphanies. One of them as follows and it connects with our talk tonight. She says, we do not have to understand new things but by dent of patience, effort and method to come to understand with our whole self the truths which are evident. We do not have to understand new things. We are always trying to get our hands on new things. Are we not new thoughts? Because when we can get our hands on some new thing, some new promise, new plan, new proposition. In that moment I feel renewed. The problem being that the eye that is renewed by taking thought is the slave of the thought that renews it. And when anything challenges that thought out the door goes that sense of self and then it has to renew itself again. And Simone Wild is simply saying we don't need to understand new things. What we need is to understand the whole of ourself through truth which are evident. That's the basis of all work. It's the basis of all work. But for us, we don't know what is true because unless it aligns with what we want life to be like, we deny it and we're in constant denial of anything. The challenges in quotes, our truth. That's the great sickness that is seeping into this planet today. My truth, what is this evident truth unseen and yet evidential. I ask you to take a nice deep breath 'cause I want you to see something and feel it at the same time. 'cause if you don't, nothing can happen in this talk. You've all heard the idea, consider the lilies of the field. They neither struggle nor toil all that business from the New Testament. Beautiful ideas and quite accurate. But I want you to look at it from a different point of view. The lily, the lotus, these flowers are born with the beauty they have from the beauty that gives them birth. They are born with the beauty from the beauty that gives them birth. They are an expression of a timeless beauty put into its form in time. And whatever beauty or majesty that rose or lotus or field of wildflowers has, it cannot be separated from the the timeless world where beauty gave rise to those forms so that human beings, those who are capable, could start to recognize the beauty of that flower of that field is not just because of the field and the flower, but because the beauty of it is within an i within who and what I am. It is there. And that's how I know it. That's how I recognize it. Maybe not for you but for me. I, I get by the grace of God, I can stand with a six point buck in the morning and feed him. I watch uh, television, the discovery shows and I love the lion, The The majesty of the lion, the lioness sitting up there on her rock porch, noble strong, that lioness, that lion is born with the strength from the strength that gives them birth. They are born with the strength from the strength. And there is no strength apart from that. So that everything that is manifested in time is an expression of an unseen timeless strength, an unseen timeless beauty. And when you begin to recognize that as above, so below as within, so without you start to realize, well if that's true of the flower, of the lotus, of that field of flowers, of that lions, of that majestic buck, why wouldn't that be true of me? Am I not as Kai said, am I not more than the flower, more than the blade of grass? Are we not made in the image of that which lends to all of its creatures that beauty and strength? And the answer is yes. And you don't have to imagine this and you certainly must dream it. But can I extrapolate that I love the mountains, I love the ocean. Why? Because when I look at these things, it's not just me looking at an object. It is me discovering through these forms, parts of myself that I don't know exist until suddenly the observer and the observed are united through that awareness and in the unite, in the unity of that awareness, suddenly I discover that I am much more than that man that was sitting there wishing the waiter hadn't dropped my napkin on the floor. I'm much more than someone regretting what took place 10 years ago. Because in that moment becoming one with what I am given and what is given to me for that purpose, it obliterates, it gets rid of all of the trash. And what remains in its place is a completely new order of being that until that moment I didn't even know was mine. And in truth it's not really mine. But yet there it is and it's mine to share. That's what myself is, is a shared relationship with the divine. Everybody following so far bring up the third key lesson. I want to strengthen this idea. True joy can't be separated from the joy of discovering that what is timeless dwells within you and you within it. True joy can't be separated from discover, from the joy of discovering that what is timeless dwells within you and you within it. That's joy. And do you know why? It's joy? It's joy because in that moment I'm not there A new I something has been born in that moment and it isn't I who have been born rather it is I who have been born into something that was there and gave birth to me before I even know it was possible. That's the experience of joy. It's absolutely silent. Not that there aren't other forms of joy, let me be clear. This idea of new self knowledge doesn't throw out the fact that I have desires. But what it does is it allow those desires as long as they are aligned with this essential desire, this essential meaning, this essential need that we have as human beings, I will slow down. How's everybody? I I get it. There's a lot of energy being pumped out. Just stay plate it. Just stay awake. How do I know that true joy can't be separated from discovering what is timeless within myself and myself within it? How do I know that? Well, we've been looking at it again, it's evident But, And I always tread carefully here, especially of late so easily brought into memory so Quick To give ourselves over to identifying with what is deeply conditioned in us without our knowing that the experience of that sense of wellbeing born out, of being conditioned is tied to the conflict that appears the moment that condition is challenged. So I want to be very careful with you, this idea of new self knowledge. I wanna look at a passage from the Old Testament with you, but I wanna look at it through a new light. You all know I think without me covering it in depth, I'm not gonna read it. The 23rd Psalm, the Lord is my shepherd. I shall not want. You've heard that, have you not? And we love that idea. The Lord is my shepherd. I shall not want. He lith me beside the still waters. And it goes on and and yay though I walk through the valley of the shadow of death. How come he had to mess with that in there? Everything Was beautiful. I I I I I shall not want. And then somehow I'm in the valley of the shadow of death. How are they tied together? I'm gonna explain to you how they're tied together. The reason that Solomon wrote I shall not want isn't because I Suddenly am going to have everything that I want. That's what we think of. I shall not want, I'll have all the money, the women, the men, the I'll have two sets of sick pack abs. I'll beat Tiger woods in golf as long as we're fantasizing I shall not want because I will be in a living relationship with a divine order of being. A divine order of being. That is an infallible intelligence That Even when it seems like it has nothing to do with what I want, it is giving me exactly what I need even in that moment. So I shall not want means that I'm actually given things I don't even know that I need. But after I receive what I'm given that I don't want, I find out, thank God that was given to me Because It rescued me. It released me. What I was given released me from a mistaken identity, From a nature that believes it must have what it wants in order to feel secure. Where the real gift through that relationship without intelligent awareness is the discovery. That there's no you, the way you imagine yourself to be at all that requires the things that you demand of life. And that our great suffering is born out of the occasional moment where we're able to obtain these things and we find ourselves suddenly feeling secure and real and then all of a sudden the conditions that granted that disappear and when they disappear, so does that identity. And then I'm right back again wanting again and not wanting again I shall not want, means I live above the opposites of want and not want. That's the meaning of it. And it's unimaginable. You will never take yourself there. You cannot. But you can be shown. And when you are shown the things that you are given to see that are always right in front of you at all points in time, you'll realize how there has been something dedicated all along to ensuring that you never saw what it meant to live above want and not want. Because the whole of this identity is want and not want. That's all it is. It's all it knows. And it's terrified of anything that it doesn't know. And when it doesn't know, what does it do? It wants to know. And when it wants to know, it always finds what it wants, doesn't it? Where in the empty barrel that all the other crud came out of to begin with. And so it goes on and on, doesn't it? An awareness that allows for other desires as long as they don't interfere with this essential first relationship. Now, nice deep breath. Contrast that idea. Can you feel that at all? The idea of that, yes, I shall not want means doesn't mean I get what I want, doesn't mean I'm protected from what I don't. It means I see above wanting and not wanting that there's another life altogether that isn't predicated on me apart from life having to get from what I want. Now contrast that with what, how about your day today? Our present relationship to life, if not to all moments is what? Essentially I enter into these moments a captive of what I want and then eventually become a captive of what I don't. I enter into the moment without knowing it, a captive of what I want. How am I a captive of what I want? Because the moment I'm go get what I want, I don't want that. And so I'm a captive not of the conditions. This is critical. It is not the conditions that I'm a captive of. I'm a captive of a consciousness that is divided and that in its divided state only knows itself through what it sets itself in favor of or what it sets itself again. So that my identity is a constant derivative of something. Analyzing and measuring the conditions I'm in and deciding whether or not those are good or bad. And my life goes accordingly to my reactions to those moments. Do you see this? Please? An important transition here. So this relationship that we are in right now, making a jump here, what is the real source of that kind of suffering? What is the real source? I push, I pointed to it, but now I'm going to nail it down and get a little more personal. You ready? A little more personal. What is the real source of that suffering? Am I, am I suffering when I don't get what I want? Yes. Am I suffering when I'm trying to protect what I want? What's the real source of those moments where all of that unfolds? Anybody in that moment? What's the real source of it? Imagination. Resistance. Anybody? Because I have no idea what you said. I don't want to be me. I don't want to be me. Suddenly I'm looking out five minutes, 10 minutes, 10 days, 10 years down the, the road and my life has been spent in acquiring and possessing and protecting and ensuring that everything that I need to ensure that I go on through my life as I've imagined myself to be never stops running. By the way, by the grace of God, never stops running into conditions that challenge that identity. Never. Now, by and large, we think when conditions challenge this surreptitious sense of self that the conditions have set themselves against us and therefore they are our enemy. But the fact of the matter is those conditions that constantly show up to set and show me that what I'm identified with those conditions have a an underlying single purpose. In one respect, it's a form of karma. And that is that I constantly run into moments where the last thing that I wanna do is to be me. And what does it mean? I don't want to be me. I don't want to be in the pain. These reactions are causing me. I don't want to be suffering over what you said. Now you think that you're suffering 'cause of what somebody said. You're not suffering 'cause of what somebody said. You're suffering because you have resisted and reacted to that person and you're experiencing the content of your own consciousness in that moment. You are experiencing the content of your own consciousness in that moment that does not know it is set against itself. It doesn't know it. And so when I experience the moment, I don't want, I'm actually experiencing a me. I don't want to be. And by the way, if you could see that much with me, you should be very grateful that you heard that. Because now I don't have to mess with another person as long as I live. I I don't have to fix you. I don't have to take care of tomorrow. I don't have to worry about yesterday. All of that out the window, the split second, I realize my pain in the moment is that somehow or other I have become so unconsciously identified with my own resistance and reactions. And I sit there and I push against my own reactions. I don't want my own reactions. I say it's not, it's you. I don't want, there's no you without my reaction to you is there. So I'm in this massive struggle of constant conflict. And the constant conflict hides itself in the useless actions of blaming others, of making promises that it'll escape the condition tomorrow when it never has. And even if it does, it comes back. Sweep the room seven times. Seven times. It's filled again till a person starts to understand the real problem. And believe me, when you get this far, you'll, you'll, you'll be grateful. At least you heard this. The real problem is, I, I don't know who else to be but me. I'm all I've got. I think I'm all I've got. Well, when you, uh, please and, and let me uh, go through this very quickly. Those of you that think you're somehow spiritual or religious, you say, no, I'm not all I've got. I've got Jesus, I've got Buddha, I've got whatever I've got. What you have in that moment is an image that you made in your own condition, nature. And your consolation by that image is not the consolation of being in relationship with the divine. It is the consolation of a self-created God made in your own image. And you find comfort and consolation because it seems to get you through that moment. What If there was a time possible that you didn't have to try to get through a moment? Do you see that's what you do all the time. Isn't that what life is trying to get through? A moment, yes or no, please. Now and loud so people out there understand, I'm not just whistling Dixie here, I don't want to be me. How is that possible? Just sit with me for a second. Here I am. I'm in pain. I believe it's because of this, but I've shown you it's not because of this. It's because this and that and this mind I'm in. I I don't want to be, I don't want to be here right now. How? How Could I not want to be where I am? Please? I'm serious. I don't know if you've ever, if you've gotten that far, how can I not want to be me? Is that possible for me? Not to be me? No. Well, if it's not possible for me not to be me, what am I doing all the time? Not wanting to be me? I'm in a loop. I don't know it. Resistance, reaction. Reaction. Identification. Identification. Want not want back to resistance. And I never see it. Now the real problem is, and also the solution is that it's impossible not to be me. You go. So I know some of you going, you know, there's times that really kind of groovy to be me. A groovy is a, a word that'll come back to life after I'm dead. It's, it's not so bad being me. I don't know what you're talking about Mr. Finlay. If only you could hire somebody to follow you around and take selfies when you're not ready for them, it's impossible for me not to be me. Would you agree? Yes or no? So wait, so if it's impossible for me not to be me, then what am I doing every time that I'm trying to figure out how not to be me? What, What am I doing? Please listen. It isn't I who is doing that. It belongs to a consciousness that actually believes that it's, other than it's experience of the moment. It belongs to a consciousness that actually believes it's other than it's experience of the moment. Now, just to be clear with you, there is no consciousness separate from the experience of the moment, the experience of the moment and the consciousness that's reflected in are a singularity, like a mirror and it's object. They're one thing, but not for me. When I'm having an experience, I don't want, I see the reason outside of myself and then I simply want or don't want what I need to get rid of it. And then I can be back to being me again. Cheerful, bright, upbeat, passionate, generous, think of all the words that aren't true. Me, Me. But we don't believe that we, we, we actually don't believe that it's impossible not to be me. We believe it's impossible not to be me because I don't have anybody else to turn to when I don't want to be. Do you have moments where you don't? Let's just, we won't make the broad generalization here. How many of you have moments where you'd rather be any person on the planet than you? Hands in the air? Alright, so here I am. So, so wait a minute. Thank God there's an alternative to being me. This is hilarious, but I don't think you think it is. Thank God there's an alternative to being me. And what's the alternative to being me? I'm just gonna invent another me. I'm gonna invent another time, another place, another relationship, another thing to deal with, another thing to get through. I'm just gonna invent me. It's beautiful. Except it's not. Is it? No. And can you see, how am I doing on time? Where's my clock? And can you see I'm, I'm explaining to you the source of all the conflict in your life that you blame on everyone around you. Can you see that is a constant state of conflict not wanting to be me in the moment that there's no substitute for me. Isn't that conflict if I don't wanna be me? Am I not in conflict with something in my consciousness that's saying, well you're not you, you the devil made you do it. Now things would be pretty tough. Except there is the truth that sets you free. And not in imagination, but through direct perception, discovery and willingness to explore. Take a deep breath because here's how, how we get around this idea of not wanting to be me. You have to see that the me you don't wanna be isn't really you at all. You have to see it, not think it. You have to actually see that the me, I don't want to be. Is it really me After all? Well, if it's not really me, then who in the name of God? It's not a bad question. Who is this me that I don't want to be? Who is it? That's what we're gonna look at. Take a nice deep breath Right now. Our identity is inseparable from our experience of any given moment right now. As we are, our identity is inseparable from our experience of any given moment. You can see this without me explaining it. Our hopes, our false hopes, and I might add are equally false fears. Rest in this mistaken idea that somehow in this moment when I'm stressed that it's the conditions that are responsible for my reactions. And because the conditions are responsible for my reactions and my experience cannot be separated from the identification with those reactions. I hope that's not too much to say then in that moment I actually believe that who I am is the experience of not wanting my own reactions. That's who I believe I am. Don't you believe that you are who doesn't want this moment that you are in? Yes. And given that condition, which by the way is almost ironclad, thank God it's not given that condition. What else am I to do in those moments when that's taking place? When my experience is born out of identifying with an unconscious body of reactions produced by a summary resistance. Because I don't want that. That in that moment everything is clear to me. What I have to do is I have to go and get another set of conditions I have to run after what I want or run away from what I don't want. And then spend my life doing what? Constantly running through imagined time, always trying to become someone else because I don't know what to do with what I have become in that moment. Right? And here's the rub, I believe. And so do you. Here's the conflict. I'm not supposed to be that way, Right? Isn't that true? Isn't every moment where something's going on and you catch a glimpse of something in yourself, you have this negativity, you have this fight, this, this re all this darkness comes up inside of you. What happens any moment when suddenly conditions come along challenging this what I am, what I want, what I've got And up comes what inside of me? Is it beautiful or is it beastly? Beastly out loud. Beastly. It's beastly. What do you think you torment or torture other people with your demands are about? Because the pain of that beast that has suddenly appeared. And listen, it can't be me. That Can't be me. How Do I know I'm not supposed to be like that? How do I know the Bible told me so? Yeah, That's right. Mom told me I'm not supposed to be selfish. I'm supposed to give my brother my cake. That chance. I'm not supposed to be that impatient. I'm not supposed to be impatient at all. I'm supposed to have the patience of job. Here I am. I'm a, I'm on fire. I I'm not supposed to be angry. Good people don't get angry. Yes or no. Aren't you trying to be a good person? Isn't it? Hell, it is hell. I'm not supposed to be like that. Now please see the conflict in this. I am like that in the moment. That is what this consciousness has erupted with. And I've always called the eruption of those elements of this consciousness. Me. But I don't think I've called them me. But resisting that consciousness is me. That's a deep idea. Do you get it? Say, well I'm not like that. Am I not resisting everything that I'm being seen about this consciousness in that moment? So what is my consciousness? What is my experience? What is my self a derivative of in that moment other than the denial of being myself? This is big. The denial of being who I am. And I live in that denial and conflict because I have failed to understand that in that moment. That is not who I am. Who I really am is the awareness of that consciousness as it is running through its game. That's who I really am. That awareness that is the perfect mirror. That awareness that is constantly discovering and realizing itself through the conditions around itself. It is ineffable, it is perfect and it never punishes itself. Whereas you and I are in a constant state of denial. Yes or no? Yes. Alright, transition. So here's the problem. If I haven't spelled it out ready, if I don't wanna be myself in those moments, what's the real problem? If there's no alternative, gosh, I hope I don't know. You know, I don't want to, I don't want to beat a dead horse here. I want you to be very clear. There's no alternative to being who you are in the moment. You're being that there's just, there's no, I know you want something else, I'm sorry and I'd sell it to you and lots of gurus do. But that's not what we're being given here. I cannot be other than I am in the moment that I'm given. But I'm all the time trying to figure out what in the name am I to do. And here's the problem is I don't know how to be myself. I don't know how to be myself. Please again, how is that possible? Does the, does the lion ask, does she with what should I do today? How do I not know how to be myself? What Happened? I'll tell you what happened somewhere along the line. And it began a long, long time ago. Here's what somebody said. The way to be yourself is to imagine yourself and then copy what you've imagined and imitate whatever it is that you think is good. And when you imitate it completely, that'll be you. That's nonsense. So we spend our entire life imitating and try to see this. Why would I imitate what I think the seven habits of stressed out men? I'm serious. Why would I imitate anything? Do you know why? 'cause I don't know who I am without imitation. I'm terrified of not knowing who I am. So I will take on any appearance. And by and large, I don't think to myself, I'm gonna take on an ugly person's appearance. I take on the appearance of someone who recognizes what isn't ugly. Everybody should be beautiful, strong, superior like me. I take that on and then life in its generosity comes along. Eh, maybe not. Look at you now. You thought you were so strong that one person stood up to you and denied what it is that you thought was your authority. And what happens to you when somebody denies what you call your authority, what happens to you? You fall under the authority of trying to make that person jump through a hoop so you can regain the imagined identity that you had prior to that moment. Isn't that how we punish each other? I don't know how to be myself. All I know is what I want or don't want. I, I don't know how to be myself. So what do I do? I look for myself in the world. I look for myself in the world. I look for myself in knowledge. I look for myself in fashion. I'm looking for myself in money security. I look for myself in expertise. I look for myself in whatever it is that you and I look for ourselves. Some people like to look for themselves in the garbage can, but they're still looking outside of themselves. Why don't I know how to be myself? We're working to something. Are you still with me? Everybody? Why don't I know how to be myself? This is fantastic. Why don't I know how to be myself if myself, as I've outlined isn't just all of the things that we've become identified with, but rather is, is an innate gift of the divine. Why is it that I don't know how to be myself? Anybody care to guess? I'm looking out. Well, yeah, all that We imagine who we're, I can't bear to look at what I am. I know some of you, I'm, I've been an aspiring since, since um, since Moses part of the Red Sea and I'm still an absolute wreck. I just can't look at that. Listen. Do you know when your effort becomes really valuable? When you understand that it wasn't your effort And any rewards that come from it are not because of what you've done, but because of what you're being given. That's when real effort is rewarded is when you go through the illusion of identifying with whatever it is that you think you're gonna find and add to yourself. Become in some strange way at last, liberated. I intend to go into this in a completely different talk, but it's just coming at now. When what? When. And you can take any master, any true master will tell you exactly the same thing. But we'll look at Buddha. When did Buddha wake up? When did Buddha wake up? If you know anything about the story at all. 'cause it's the same for every, again, every true teacher, they'll tell you the same thing. When he stopped looking for himself, When he realized that what he wanted and didn't want was his problem because it belonged to a consciousness that was forever seeking to confirm an identity that was conditioned in it since the beginning of time. And he finally just sat and did what? Watched. Watched his consciousness, not identified with it, wanting to be this or not wanting to be that this task that I'm talking to you about that I can't look at what I am means that I must begin to understand that somehow or other I'm going to have to begin to be willing to look at myself as I am. But I'm gonna have to look at myself as I am with, with, with, with, with curiosity. Look at myself as I am in that moment when I'd rather look at anything else in the world. And do you understand that? I would rather look at anything else in the world than the experience of myself in that moment. I must look at myself without judgment. I must look at myself looking for escape. I must look at myself trying to figure out why it got there and how that happened and what does it mean? Because if I can figure that out, then in a time to come, I won't have to be the self that I don't wanna see anymore. You follow me? This is pretty important. So we live without knowing it in an almost constant state of conflict. now. I'm gonna get questions and I know they're gonna come. So I'm gonna address some of it now. We'll go into this more deeply over the weekend. Sir, I don't understand how you're, you're saying I, I don't know how to be myself. That I'm, I'm inadequate. I'm inadequate and I know I am. I don't understand and I know I don't. I'm full of fear and I know I am. So how are you saying that it's enough to be myself, that there is joy in that? How can you say that to me sir? I say it to you because you have to understand that anything in you that would press in upon you and tell you that you are inadequate is inadequacy itself. Developing an identity through getting you to identify with that sense of resistance. How can I feel inadequate without measuring myself against what I believe is the adequate me? Do you understand that I'm inadequate? I can't, it's not gonna work. How can I know that unless there is a consciousness measuring in that moment? Whatever the experience of my resistance to the moment is according to what it believes it is or could be or will have. And there you have the conflict and there you have our inability to be ourselves as we are. There is nothing in existence, nothing that remains the same except for the human being who is trying to escape themselves. That's where the weeping and the wailing and the gnashing of teeth come in through the incessant resistance to what is intended to be a revelation. Because this is difficult. But I will do my best to help you understand. It's impossible to be myself until I actually know what it means to see myself as I am and then just leave it with seeing myself as I am. That's all. Because you know what happens when you simply see yourself as you are with all of the warts and all the rest of that nonsense. You know what happens is in that awareness you get to see all of the movement of that consciousness. You get to see all the way reactions are trolling for you. How that constant resistance to the unwanted experience doesn't exist without a self that has had that experience before and doesn't want it again. You have to see this when you don't wanna be you. You are reliving the you. You don't wanna be when you don't want to be you. You are reliving the you. You don't want be. Now why would I relive the me I don't want to be unless there's something in me that actually wants to be the me. I don't want to be blah blah. Do you follow? Yeah. I don't know how to be myself. Let me read to you the special writing and then we'll have our summary and exercise. Please bring up the special writing. It's entitled Diamond in the Rough. How many of us are diamonds in the rough? Can you say very rough? Yeah, it's all right. Diamond in the rough. When whatever isn't pure and precious and the remaining draws removed, then what is priceless appears on its own revealing itself as always having been there just waiting to shine. When whatever isn't pure and precious and the remaining dros removed, then what is priceless appears on its own revealing itself as having always been there just waiting to shine This special writing, this diamond in the rough is intended to help you understand and put together what we've looked at in these 55 minutes of our talk. I can see yes or no, the futility of resisting my own manifestation. If I see clearly the futility of not wanting to be myself, what am I left with? What am I left with by negation? I'm left with no choice other than to be myself. And If I stay with the choice to be myself as I am, then in that moment I'm no longer divided up into me and me. I don't want to be. Now there is just what is, and there is just the awareness of what is. This is key. I'm never aware of myself when I don't want to be myself. I'm aware of what I don't want to be. I'm never aware of myself when I don't want to be myself. I'm aware of what I don't want to be. That's divided. But when that division is gone, because I've been brought through negation to this place where I understand I have no choice, this is, this is how it is right now. Then in that awareness that this is how it is. I can see everything that doesn't want to be that. And for the first time I have a glimpse and insight into a consciousness that is hidden itself through its useless actions throughout time. Then I begin to get this notion. And here is the exercise. You can write it down. It's just 1, 2, 3, 4, 5, 8 words I think. Here, let me back up. This is a kind of prayer, But you must work fully with the intention behind the prayer. Here's the prayer here. Now all accounted for. I am present here now all accounted for. I am present. What does it mean here? Now all accounted for. I am present here. Right where I am, not where I was, not where I'm gonna be here. Now. What is now, now is this awareness of here, here, now all accounted for. What does that mean? I'm not going to discount anything. I'm going to take into account every last thing that is being shown to me about myself. I will not resist, I will not reject. I will simply see as clearly as I can all accounted for. And then this last idea, I am present in here now all accounted for you are brought into the awareness that reveals to you, you are not the experience that you don't want. Yet that experience is part of what you're realizing and how you are now, uh, liberated from that identification with it little by little by little. If you'll work with this bringing together as we'll talk about on Sunday tomorrow as well. This idea, my, my mind and my heart and my body, They're never together. I'm always in conflict trying to want or not want something to confirm myself. As I imagine myself I am. And now here, now all accounted for. I am present. There's no room for imagination. There's no room for imagination. You do not let thought take you anywhere. You see it come. And when you see it come, you will see it go. And when it goes out, the window will go the division that it fosters. When it tells you, just do this or do that, get away from yourself and you'll be free. You'll never be free trying not to be me. Be yourself completely. And if you'll do that, you'll be given something unimaginable. And it's unimaginable because you're gonna see something about yourself that you could never see unless you worked at that exercise. You got it? Alright, I think we're ready to get started here. We can bring guy back on right now. Guy, do you have anything to say or should we, uh, jump into the q and a? Yeah, let's, Uh, let's see what we've got. Okay, so those of you, um, online on GoToWebinar, you can raise your hand now just click on the little hand icon and that'll bring you up in the queue. And you can talk directly to Guy if you're on one of the other platforms. Do write a question in the, uh, question box and we'll be able to get you there. But go ahead and raise your hand. We can begin a queue or if you're in the room, you can go up to the microphone as well. We do have some leftover questions, guy. Yeah. And I can give Before, Before we get to the leftover questions, I do, I decided I wanna strengthen, uh, one idea. 'cause I, I, my, i i a picture in my mind that I think will be helpful. Um, so we understand that it's impossible not to be me, right? Impossible. And yet I'm dedicated to not being me, which is amazing. Now, how can I be dedicated to something that is dead on arrival? How can I be dedicated to something that's dead on arrival? Unless it's what's dead is talking to me and it is. Now the next part of this is my favorite part. You know that you mustn't try to escape who and what you are in the moment, right? Watch yourself squirm, watch yourself squirm. Any thought, any feeling, anything but just being here as I am. The more you watch this consciousness squirm, the clearer it will be to you that this consciousness that is squirming has been your secret captor. And that it is equally powerless to free you from what it promises to free you from as it gets you to squirm with it. It's a new dance. The squirm. Yeah, you, that's just what it does. It looks this way. It looks that way. Any pour in a storm, the storm is imagined And it belongs to a self that created the storm. The minute it imagined its peaceful harbor that it would set itself in. You see all that, everything vaporizes, something unimaginable happens. Unimaginable happens. Okay, Doug, now I'm, I I had to get the squirm thing in. Yeah, you're welcome to come up. We have someone that wants to come up to the mic and uh, then we'll go to you. Doug, please introduce yourself. Hi, my name is Maureen and I haven't been here in four years and I'm really happy to be back. It's nice to see everybody. My my question is, when I'm in a situation like that, it's the physiologic reaction that is so painful for me. Like, I feel my heart pounding. I I physically feel nauseous. Um, you know, everything is racing and, and the anxiety of it is really hard for me to manage. Why are you trying to, man, why are you trying to manage it? Well, Because I feel like I'll, I have to do something or say something in this situation. I mean, maybe that's what it is. I just wanna ra one run away from It. Oh, go sit down. I'm gonna help you. Oh, good. I say a silent prayer first and then I'll say it out loud. Please, father, let them hear this. If I don't do something, I'm gonna die. And when you finally see that you've never done anything for yourself by trying to save yourself, then you'll know what every teaching on this planet has been about. You'll know I have to die. I have to die. I can't, I can't, I, I, God, I don't want this. Please take this cup from my lips. Every last thing that ever heard was that has come up inside of you. And you'll be sitting there and you'll start to understand the most beautiful thing a human being can understand. But I'm not gonna tell you what that is. You have to go through it. Don't put it off. We put everything off. 'cause there's, you know, there's, well, there is an alternative. I'm sorry. I know it's not funny. But one day you, you'll, you'll be so relieved to understand that you've been lied to. You just don't know what to do without the liar. But When it's clear to you, it's lying. It owns your body. It does. Every, every, every system, every organic part of your body is conditioned to respond to that consciousness trying to avoid itself or to find what it wants. So that's called pleasure. It's completely identified with it. And of course your body's gonna go through that. It only responds to what the mind gives it to respond to. So the body's responding to what the brain is saying has happened and the brain doesn't know what's happened because you're, well, you don't have a brain, not a real brain. And that brain starts to wake up and it goes through and it goes through what it will be given to go through. If you will agree to go through that. Sorry for this strange transition. And then you'll know what the Wizard of Oz was about. If I only had a brain, if I only had a heart, if I only had courage, there's no place like home. Okay, Doug. Okay, let us start with Julie. She has a question and I Do you have it in front of you there, guy? Oh, I don't, I have to look Katie, I'm gonna read it. Julie asks, what is your position in regard to writing things down, of taking thoughts from head down, out and out into your hands? And she gives four little possibilities. One, something that might, I don't Need that. Okay, I can answer this very easily. Uh, Do it, do it, do it. And then one day you won't do it for years. In fact, even today, sometimes when I'm contemplating something, something will pass through my mind. And I I want to have more than just the passing relationship with that impression. And I'll write that impression down. I always urge you to do that. That's why I tell you never go someplace without a piece of paper and a pen or, or, or something that you can use your phone. Now, I know this is, but you can di you can actually send yourself a message. Mm-hmm. Sit down and write yourself a letter because the mind is, our mind is, um, it's so undeveloped. It really is. It's so undeveloped. It can't hold a thought. and then you'll see a donut store. I mean, just literally just like that. Your mind will, and, and it's not by accident. It can't help itself. The mind looks ceaselessly for something to give its attention to so that it can have the corresponding identity derive from that errant attention. So when the mind finally gets an impression, an epiphany, it's rather critical in some respects to go ahead and make a note. Write that down. Take what is ethereal, what is not in words. Put it in words as best the body can interpret it. And then you'll have a relationship between one order of a center and another order of a center. You'll establish a connection. It's valuable. That's enough on that, Doug. Alright, let's go to the next question. Uh, before I do, I would just want to invite those online there, if you can raise your hand and speak to guy now's the time to raise your hand. The next question written is, comes from Shoshana. And she says, hi guy. When we struggle to let go of the emotional reactions in that apex of resistance, what are your thoughts about writing about it as the observatory? Or is it, or is that bringing into more false reality? Anything that you can do to bring greater clarity into the cloud of confusion that the mind goes into as it's struggling with something it doesn't want is a benefit. But we mustn't mistake the benefit of that clarity for being the the for, for, for the release from that condition. We, we have a, a, a a, a very mistaken notion, and it's connected to the way the mind works. The mind divided is forever producing something for itself to look at so that it can know. It knows what it's looking at. That's what it does. It always divides itself up. It's always creating something that it can see that it knows and it wants to see what it knows. Because then I know, and when you get like that, you're stuck. You don't know you're stuck. But you can see through that too. See, the beauty of this is, that's why I say the, the the, the joy of just being who you are will bring you into a point in time where you'll understand, I don't need to think about myself anymore. I don't need to worry about tomorrow. There'll still be thoughts, there'll still be worries, there'll still be all of that. But you will be in a new relationship to the old relationship you have with yourself. And you'll observe it because you know it's futile to go along with it. It's out of that. It's out of the awareness of the futility, of the continuity of creating the continuous self. That the self finally begins to lay itself down. And it doesn't go quietly. Let me be quite clear about that. If you think some or other awakening is going to this is, this is a groove. I love this. You couldn't be fur. Did Christ say that when he was up on Golgotha? What did he say? He was sweating blood. Oh God. Oh God. Pa can yet, I understand. I understand and I will agree. Do with me as you will. I understand. And if you do that and go through it, you exit that moment. A new order of human being because you have a new order of understanding about yourself. Let's go on, Doug. Okay, the, uh, our last question is from Katie. And she says, how can I stop being so scared and sad? You always know what to say. Don't try to be like anybody else, Whether you see it or not. That's all that happens Every time that you are scared or feel inadequate, that's all that happens is I'm looking to be like somebody else. I wish I was, I wish that the words flowed off of my tongue. I wish that I was prepared. I wish I was eloquent. I wish I had spiritual depth. I wish, I wish, I wish. And then my mind will naturally gravitate to someone or something. And that'll identify with that as the proof of a possibility. You must improve the possibility of being a whole human being by identifying and imitating you discover the possibility of being a whole human being by being a whole human being. And there's no other way. And if you do that, you'll see there is a holiness that will be with you when you stop dividing yourself up into who you don't wanna be or who you hope one day you will change into. That takes place. But you have to go through it. You know, I, I, I say this and then Perry says, well, don't say that, but I, you, you will understand one day, the, the absolute inadequacy of even a developed mind in the face of a light that doesn't use thought to communicate itself. And you will want, as a result of seeing that with greater clarity, to spend more and more time in that kind of interior silence. That's what you will want. And, and you have to be, you have to be dragged out, but you have your responsibilities and you must do them. Physical, practical, spiritual Sunday. I'm gonna go into this in great depth tomorrow. Of course, I'll cover this. You are in such a hurry to make a plan for yourself. You failed to see that you were born into a plan and you're so anxious you can't see that anxiety does nothing except fuel the opposite of what you're anxious about. And then it's just let it go. I know the words just roll off of his tongue, don't they? It's just letting go. But what's the alternative? When you see there's no alternative, it'll roll off of your tongue too. Anything else, Doug? Uh, yes, Scott, we have two in the queue and that should probably get us to the end. We have Neil and Tony. Okay, let's go first. Neil. Neil, just click on your little microphone and that'll unmute. You should be red. There you go. Hi guy. Hi Neil. Um, I always try to pick up at least one of your, of your teachings. Um, earlier the psalm kind of missing the, on the, the beginning part, which I understand the Lord is by shepherd, but the I shall not want if somebody, and I'll say I the use that word carefully. Yes. If I truly understand as you were alluding to, or getting to truly understand the meaning of I shall not want, what that means is not earthly things. Perhaps if I truly understand that, grasp that concept in that a big piece of the high that we're talking about tonight and what you, the point you try to, you know, beat into us each week and kindly, gratefully. So, um, is that not a big section of understanding yourself, the consciousness, the peace yourself? Yes, Neil, and I'll, I'll, uh, enhance that a little bit. The Lord is my shepherd. I shall not want. Do you know, I said that the idea of I shall not want means that I have entered into a new relationship with the moment where on one hand I see the futility of wanting and not wanting because it's the perpetuation of an unconscious nature. I see that, but the unspoken part that I'll speak now is the reason that I shall not want is because I'm reborn every moment of my life. And If I'm reborn, I'm new. And if I'm new, what is there a need to want? Everything that was is no more. That's actually a spiritual fact. Everything that was is no more in those moments. Even when you see just something beautiful, what was is no more, all there is is that now that hear that presence, that all is accounted. That's all there is. And that is, that is where our work, your work, all the true teachings on the planet, that's what it's about. Being born into another order of consciousness, another kingdom that's right here, right now within you that gives birth actually to the kingdom that you're in. And the entrance to that, you begin to realize the whole thing has been just as big charade, but you couldn't see it was so that it doesn't mean that you don't want anymore. It just means that all the wants and not wants now belong to a much bigger understanding where when I see them for what they are than the me that wanted and not want passes, and suddenly I'm there with another new understanding and I'm right, I'm right there in the beginning again, right there in the beginning Again. Hope that helps Neil. On we go, Doug. Okay, next in the queue guy is Tony. I will unmute you. Tony. There you go. Thank you Doug. Hi guy. Hi Tony. I, um, I hope I don't make you squirm. Um, but you know how we truly want to convey how we feel about something in the letter, the spirit of the letter. It's interesting, but when I use chat G P t I somehow find a, a better version of myself. And I'm wondering, am I trying to be something I'm not? Or g p t really getting me kind of scary. Ah, I get it. And your, your intuition is spot on and, but see, this is the problem. I you get this idea. Well, it shouldn't be like that where it should be like this. That's all everybody here. Have you ever, uh, had sent an email, a text, written a letter to somebody, and then you look at it and you realize, you know, that's a little rough right there. I need to change that language and I can, I can pump them up a little bit if I do this. So they'll give me what I want on the other side. And so we sit and we craft a letter that ideally is me. And I trust that whoever's gonna read this will go, my God, that's brilliant. How did you deceive me into giving you everything that I've got with a letter? So it's, it's incredibly important to um, be as clear as you can. It's important always not to be unkind, but I have to be able to have that clarity of identity in the moment to recognize that what I'm trying to do here is be seen in a certain way. And if I'm trying to be seen in a certain way, it's me trying to be something that I'm not. And all that I'm writing is actually hiding what I am in that moment, which is I want it all and I want it now. I don't want you to be that way, but I'm gonna put this in such a way that you're gonna want to change. Do you see this with me? Yeah. So again, no harm in that, but if I'm identified with it and believing somehow, have you ever written a really beautiful letter to somebody who thought that was incredibly clear? And they go, why'd you write that? Like that? So where's all the beauty when, when your finest assumption is challenged? So Tony, I know you get this, you wouldn't ask if you didn't. Just keep watching you. Can I end here, Doug, or is there more after this? I just have a couple quick announcements and Oh, good. Okay. There's no one else in the queue. My Last thought, I Already within who you are awaits who you are to be as surely as the mustard seed gives rise to the greatest tree from the smallest seed in the smallest wish that you have to be a true human being is the source of that wish. Doing everything it can in its power to bring it about if you will cooperate with it. This is why it's people speak of angels and all of these things. There is no question, and I don't know how it works. There's this, there's this great story, this spiritual story, I hope I can elect it. And, um, a saint of some kind because of all the, the sacrifice, the work that that man or woman has done. The divine sends a messenger and the messenger says, the Almighty has decided to grant you a wish, whatever it is that you wish, it's yours. And the apprentice angel, this man, this woman, this saint in early form says, here's my wish. I wish that wherever I go, that whoever or whenever my shadow should pass over them, they would be made whole. They would be healed and develop a deeper relationship with you. And the messenger said, is that all? And the saint said, no, that's not all. And that when that happens, I would never know that it did. You see how different that is from us? Yes. And when that happens, I would, that I never know it did. Now why would a, why would a man, why would any student have that aspiration other than they know the danger of identifying with their so-called relationship with the divine? So all of that is to say that within you, without you knowing it yet within who you are, even as you sit here and listen to me, and even as I sit here and speak, is everything that you are waiting for. And when you understand that you don't have to wait anymore, that's the point, isn't it? When You understand what I've said, you don't have to wait anymore. It's going on right now and it's always going on right now.