

**Misery is when I'm
trying to avoid
discomfort.**

**I am a Spiritual
being having a
human experience.**

**We live
in that which
we radiate.**

**Human service
is the way to
Divinity.**

**Prime Misconception:
That I can live on Planet
Earth without being
disturbed.**

**When my needs
are great enough
and my wants are small
enough, all difficulties
are removed.**

**I refuse
to react to other
people's
reactions.**

**Don't ever look for Truth.
Look for illusions.
When you have seen illusion
for what it is, you have seen
the Truth of the matter.
The Truth sets us free.**

**Depression
is another word
for self-pity.**

**I believe
disease attacks
me.**

<p>Only as <u>I</u>, the observer, sees some idea of the self as an illusions, is it free of the tendency to identify with that idea.</p>	<p>Pain and discomfort have value.</p>
<p>We are sow-ers of seed. What kind of seed do we sow? Peace? Love? Joy? Our mood, attitude, is our seed. We live in that which we radiate.</p>	<p>Read and listen without interpreting. Interpreters are "Not-I's" on an ego trip to show how smart we are. Read and listen and let the material work on us instead of trying to interpret it.</p>
<p>The Teaching material does not allow us to be less disturbed. But we will be less disturbed because we don't care anymore if we are. When we are free to be disturbed, we don't get all torn up about it.</p>	<p>Spirit is not concerned with how 'good' we are.</p>
<p>"But" cancels everything that comes before it.</p>	<p>The ability to make up the mind singly is called faith.</p>
<p>We cannot control circumstances or how other people treat us. We can choose our responses. This is freedom.</p>	<p>If we're looking for the ideal, it is impossible to make a choice or decision. If we are not looking for the ideal, it is easy.</p>

<p>Life sets up all sorts of situations for us to be able to apply the Teaching material—so we can learn.</p>	<p>What we really experience all day long is our inner state of being. Everything else we sense.</p>
<p>If we let circumstances determine how we feel, we are not in charge of our inner state.</p>	<p>When we are responsible we can feel any way we choose to feel. We don't have to let the clouds determine how we feel.</p>
<p>What or who keeps me from feeling good—right now?</p>	<p>Guilt: fear of being embarrassed.</p>
<p>We can't live by concepts (conditioning). We live by insights (what's going on inside).</p>	<p>Goal: Struggling after a predetermined result. Very stressful. Aim: a direction to go.</p>
<p>We have it all: food, clothing, shelter, transportation, interesting things to do and interesting people to be around.</p>	<p>I can make a contribution to a pleasant, harmonious mood wherever I am.</p>

**We attract
to ourselves
events that are in
accord to our inner
state of being.**

**A conscious person
is consciously choosing
a role and playing it.**

**A conscious person
lives without struggle,
conflict or resistance.**

**A conscious person
is in charge of his
inner state of being.**

**As long as we feel we have
to, must, should or ought to,
we are in conflict.
If we do something
because we want to,
there is no resistance.**

**If we want to feel good,
we start acting like
we feel good.**

**Being a conscious person
is the most valuable thing
we can do. If we forget
that, we will think being
non-disturbed has the
most value.**

**If we remember that it is
fatal to fall asleep, we would
put great value on staying
awake or conscious. We
forget anything we don't
put value on.**

**We work to have money to
do the things we like to do.
So we do things we don't
like to do so we can do
the things we like to do.**

**If we do not respond to
the circumstances Life has
given us, they will
continue to occur.**

<p>If we are trying to avoid unpleasant circumstances we will run into them again and again and again.</p>	<p>How much time do we spend trying to get others to 'see the light'?</p>
<p>We try to use the brain as a fortune teller so we can make decisions that will not be disturbing.</p>	<p>We will not pay attention until our value is to see what is going on.</p>
<p>There is NO TRUTH in the 7 basic decisions. They are ALL lies.</p>	<p>The vicious cycle starts with a misconception based on misinformation or lack of information. This is toxic stuff. This triggers a false feeling of emergency that mobilizes energy to fight or run.</p>
<p>Mankind was never designed to have fear, guilt, anger or insecurity.</p>	<p>If we're finding fault, we're looking through a misconception.</p>
<p>The four questions: What am I? Where am I? What is going on? What can I do? -provide true perception and feeling. Energy is generated. The body regenerates. We are renewed. Energy flows properly.</p>	<p>We determine the kind of energy flow we are going to have.</p>

<p>Happiness is when we don't want to change anything. As long as we feel we have to gain something to be happy, we're in trouble.</p>	<p>What value does feeling less than happy have for us?</p>
<p>Are we grown up enough to not be controlled by emotions?</p>	<p>We will have NO problems if we don't make anything important.</p>
<p>Spirit is our Partner. <u>I</u>, the awareness, gets to live with it, experience it, watch it, work with it, constantly.</p>	<p>The Spiritual path is recognizing that Spirit is running things and <u>I</u>, the awareness, gets to go along for a free ride as long as we don't interfere.</p>
<p>We interfere when we think we know what ought to be.</p>	<p>We are tormented by "Not-I's" for a lifetime because things are not like we believe (falsely) that we know what ought to be.</p>
<p>The marvel of our existence is incredible.</p>	<p>The best way for us to insure that we have a body to live in is to avoid anger, guilt, fear, insecurity and all the many synonyms.</p>

**Loneliness
is the emotion we feel
when we resist
being alone.**

**If we discard all ideals
we will not make
any judgments.**

**Peace:
We have ceased to
make anything
important.**

**Our circumstances
are in balance to our
inner state because
Spirit acts on our
inner state.**

**The reason
the inner state is so
valuable is that that is
what Spirit acts upon.**

**Blaming
the body, self or
another is an
illusion.**

**We don't have
to straighten out
anything or
anybody.**

**Who or what
Determines
how we feel?**

**To be a friend of Spirit we
maintain an inner state that aids
in the survival of the motor and
awareness functions. We see
what is and we do not compare
it to what ought to be.**

**If we report
conflict,
Spirit operates
on that.**

<p>Anytime we are disturbed, we tend to call it bad.</p>	<p>We can all handle 'what is'.</p>
<p>If we are contented, we are on the edge of boredom.</p>	<p>We are not serene unless we are vitaly interested.</p>
<p>We are about as healthy as we choose to act.</p>	<p>Our survival is dependent on maintaining a mood of vital interest.</p>
<p>Energy is another word for Life.</p>	<p>Much of our conflict comes from impatience. Everything is a process. That is the nature of things.</p>
<p>Conflict, struggle and resistance (all synonyms) are the only human problem</p>	<p>The only thing that can be integrated is purpose and will. Then there is real <u>I</u>. Real <u>I</u> is not controlled by shoulds, oughts, have tos and musts.</p>

<p>When purpose and will are integrated there is real <u>I</u>.</p>	<p>The thing that maintains fear is not wanting to have it. The remedy is to be free to experience fear.</p>
<p>Higher consciousness is to be able, regardless of circumstances, to take charge of our inner state.</p>	<p>Higher consciousness is to be able to feel the way we would like to feel.</p>
<p>The transformed being is totally in charge of his inner state.</p>	<p>The transformed being is aware of what he is, where he is, what is going on and what he can do.</p>
<p>The transformed being is free to experience whatever may arise.</p>	<p>The transformed being lives without any conflict. He has challenges, but not problems.</p>
<p>We cannot always choose what happens to us, but we can choose our response to what happens to us.</p>	<p>The greatest protection we have from being hypnotized is to realize that we are 100% subject to suggestion 100% of the time.</p>

<p>What is our mind occupied with all day? What we don't like? Finding fault? Worry? Upset? A sense of urgency? Anxious? Complaining? Blaming? What we are occupied with is what we will actualize.</p>	<p>Complaining will bring us conditions to complain about.</p>
<p>We can be in charge of what is in our head. The ideas in our head are the result of what our purpose for living is.</p>	<p>If one decides to be miserable, he will be. We can be miserable if we set ideals of how things ought to be.</p>
<p>If we have something interesting to do, we will not be miserable.</p>	<p>We are not inferior or superior. We are different.</p>
<p>People who are show-offs or disgusting or distasteful are fighting feeling inferior.</p>	<p>There is no need to justify or defend anything.</p>
<p>Suggestion appeals to us because we feel we need something.</p>	<p>We are highly suggestible as long as we have an ideal.</p>

<p>To get over being suggestible we see that we're already the recipient of every gift Life could bestow on us.</p>	<p>The struggle toward an illusion (ideal) is the ONLY disintegrating factor.</p>
<p>We would feel fantastic and enjoy ourselves if we dropped all ideals (illusions) for ourselves, others and circumstances.</p>	<p>We can't even make a fingernail, so how could we know what ought to be.</p>
<p>We don't like to give up the idea that someone else is to blame for our state of being.</p>	<p>Always agree when someone blames you.</p>
<p>The great love affair: Will and Purpose. We want to experience union. The union is when the conscious purpose is united with will. Nothing gives us any joy until will and purpose are in union.</p>	<p>Our purpose is something we can do RIGHT NOW, not something in the future.</p>
<p>When we know what we are, where we are, what is going on and what we can do, we are love itself. We are then spontaneously harmless, considerate and make a contribution, without any conflict.</p>	<p>The "Not-I's" make everything important, leading to conflict, struggle and resistance, which result in chaos and disorder.</p>

<p>Disorder is disease (physical, mental, economic and emotional). LIFE is an orderly process.</p> <p>It hurts to be in a state of chaos.</p>	<p>We can stop doing the things that cause conflict and struggle.</p>
<p>When we remove the obstructions, guilt, fear, anger, insecurity and their many synonyms, regeneration is spontaneous.</p>	<p>We cannot afford anger, guilt, fear, insecurity, and all their many synonyms. They are destructive to the living being.</p>
<p>A real Teaching creates conscious objective awareness.</p>	<p>We drop all opposites, such as right and wrong, good and bad.</p>
<p>A new conscious frame of reference, a new purpose, leads to order, health, integration. We go from death to life. We evolve. This is real living.</p>	<p>One free of the four dual basic urges is a unique expression of Life.</p>
<p>All difficulties, agonies and miseries arise from within the heart of man.</p>	<p>There is nothing to be regretful about. There is nothing to be ashamed about.</p>

<p>Anything that has to be justified is invalid. <u>I</u> need not justify anything.</p>	<p>Man was never designed to feel guilt.</p>
<p>Experience everything that comes your way freely. We are going to experience it anyway, so we might as well do it with good grace.</p>	<p>There are no bad human beings, only conditioned, mechanical, unconscious ones.</p>
<p>The whole idea of the Teaching material is for man to be aware of 'what is'.</p>	<p>X generates the energy for every action the awareness values. All human energy comes from X. It is all spiritual energy. The "Not-I's" using this energy is the disintegration of man.</p>
<p>Spirit, soul, psyche are all synonymous.</p>	<p>Expectation based on illusion is the disintegrating factor.</p>
<p>Balance is the Law of the Universe.</p>	<p>Self-knowing means to be aware of the ideas one has lived by; being aware of the ideals that have been set up and the impossibility of fulfillment.</p>

<p>We don't seek truth. We look for illusions. When we have seen an illusion for what it is, we have seen the Truth of the matter.</p>	<p>Resistance to 'what is' is the only problem anybody has. It is THE PROBLEM.</p>
<p>When we are free to experience 'what is', we end all resistance. Everything is interesting.</p>	<p>A need exists only when we are resisting something.</p>
<p>The conditioned person is anxious to have all their senses (feelings) gratified. They are controlled by their senses. Satisfaction of the senses has been their God.</p>	<p>When we assume a person is not responsible, we harm them.</p>
<p>Discomfort is a signal that we're operating from a conditioned idea.</p>	<p>The minute something comes along we don't like, we feel like a victim.</p>
<p>Real prayer is praying for wisdom.</p>	<p>There are no choices if we are free to experience future pain.</p>

Our best teacher
is the one who bugs
us the most.

The conditioned self
is the victim and the
victimizer. Feeling like a
victim has nothing to do
with anything outside
ourselves.

Illness is not
the problem. It is only a
sign that a problem
exists.

Inner conflict
is dangerous and
fatal.

What is the ideal
we base our
expectations on?

We accumulate
to be free from future
pain and have
future comfort.

Integration
is any moment when
there is no conflict. It is
only moment by moment,
not a permanent state.

Sticking
up for rights is
hooked into
self-pity.

Never give advice.

Whenever
we want to change
something we have
judged it.

<p>The human mind is the maker of problems. A problem is something we want to change based on conditioning.</p>	<p>To sympathize with a person harms them.</p>
<p>Until we have earnestly recognized and re-evaluated the basic decision we made as infants to "regain the non-disturbed state", we will continue to blame, complain, stick up for our rights, self-improve, believe authorities and please.</p>	<p>When we begin to dis-identify from the self we begin to be a person. This is the WORK and it is WORK!</p>
<p>It is not what has happened to us nor not what has been done to us, but what we decided about those things. And for those decisions, we are responsible.</p>	<p>Disintegration is the result of resisting "what is".</p>
<p>Thinking: association based on the past.</p>	<p>If we imply to a person that he is not responsible, which is expressed by "helping", then we have harmed him. For this we will get a balance, which means we will pay.</p>
<p>Seek your own personal integration, which is an end to all conflict. Don't be impatient in getting it.</p>	<p>To be as a little child is to be NOT KNOWING and teachable. It is to be inquiring instead of defending or protecting the self.</p>

<p>Riches are anything a person depends on or has accumulated or protects, such as ideas, opinions, view points, ego, etc.</p>	<p>All resentment, anger, and aggression come from the erroneous, conditioned belief that we have rights.</p>
<p>Once a decision is made with feeling, it is the rule of attitude-action until recognized and unmade or re-evaluated.</p>	<p>Only as I, the observer, sees some idea of the self as an illusion, is it free of the tendency to identify with that idea.</p>
<p>If we're finding fault, we are looking through a misconception.</p>	<p>The awareness (<u>I</u>) owns nothing. It is an observer and reporter ONLY.</p>
<p>X renders 'Not-I's" inoperative when they are observed and reported. They cease to be conditioning. They cease to operate the body.</p>	<p>Putting oneself in a good light could be called lying.</p>
<p>All the Teaching is in four words: Self-knowing- which never ends. Faith- which never completes. Grace- which is without end. Love - which is boundless.</p>	<p>Every inch of the Spiritual life is work</p>

<p>The price of liberty is eternal vigilance.</p>	<p>Are we brave enough to dump all authorities?</p>
<p>To get over being suggestible is to see that we already have what we're looking for.</p>	<p>THE GREAT LIE: Circumstances determine our inner state.</p>
<p>If we determine we're in charge, then circumstances are insignificant.</p>	<p>Will power is another word for conflict.</p>
<p>First value is a state of being. What state of being do I want to have?</p>	<p>As long as we blame circumstances for our inner state, they are insurmountable.</p>
<p>We are invited to this planet to work on the project of building a colony or home for conscious beings.</p>	<p>Our #1 job is to make a total commitment to be responsible for our inner state. It is the most valuable commitment we make. Without doing this, everything else is nothing.</p>

<p>When you approve or disapprove of me you are only telling me something about you and your tastes. It has nothing to do with me.</p>	<p>We can be miserable if we set ideals of how things ought to be.</p>
<p>Surrender: We cease to think we know what ought to be.</p>	<p>Everyone has to ask for the Teaching. To promote it is to be helpful, which can be harmful.</p>
<p>The greatest contribution one can make to Life is to be fully aware. The fully conscious person is harmless.</p>	<p>The only practice is self-observation. Everything else happens as an outcome of self-observation.</p>
<p>A fully conscious person can play any role he wants to.</p>	<p>The inner state is so valuable because that is what Spirit acts upon.</p>
<p>If we don't have any rights to stick up for we can't get angry.</p>	<p>We can be objective when we don't know what ought to be.</p>

<p>We don't have to be defensive if someone sees us as less than the ideal they have of us.</p>	<p>All symptoms are Spirits way of restoring His instrument to balance. Be thankful for them</p>
<p>We cannot be a role player until we are rid of the infantile decisions and the four dual basic urges.</p>	<p>X renders "Not-I's" inoperative one by one, when they are observed and reported. They cease to be conditioning. They cease to operate the body.</p>
<p>Are we brave enough to dump all authorities?</p>	<p>Choice implies conflict.</p>
<p>Once a student is ready, a teacher appears.</p>	<p>Our outer circumstances are in accord to our inner state.</p>
<p>We lie to be safe.</p>	<p>Without agape we are dead. Agape allows us to pass from death to life.</p>

<p>When we see that everything is a game, we become a companion to the Host.</p>	<p>Whenever "I" make anything important, "I" am anxious.</p>
<p>Anxiety: When I want something to be different than it is.</p>	<p>When we are free to experience whatever comes my way today, there is no resistance. Everything is interesting.</p>
<p>When we are out of time (future or past) we are not being. When we are in time (now) we are BEING. Take no thought for tomorrow.</p>	<p>Anything we depend on we are in bondage to.</p>
<p>A human being is a point of awareness.</p>	<p>Look at events objectively, not subjectively.</p>
<p>When we are not trying to gain or escape anything, not struggling, the mind is quiet.</p>	<p>Everything we do is for the Host.</p>

**A conditioned
person is a
dead person**

**We are peaceful
when we don't know
what ought to be.**

**Fear
is the result
of wanting to be
safe.**

**Just because
we feel something
doesn't make it
true.**

**Tolerance
is
pride.**

**If we let feeling
control us we are
on the way to the
grave.**

**A quiet mind
is impossible if we are
making anything
important.**

**When we feel,
then act, then think
we are on the way to
disintegration.**

**If our attention
is not on this moment,
we are fragmented.**

**If we experience freely,
we are peaceful. If we
resist experiencing,
we are in conflict.**

Life
is always trying
to wake us up.

We are in a partnership
with X, Spirit.
Awareness says the "what".
X does the "how".

We are all dead
until we
wake up.

When we say,
"I'm sick. I'm tired", etc.",
we are taking the name
of the Lord in vain.

To the fully
awakened
individual, all
activity
is spontaneous.

If I don't have to
be safe,
I have no fear.

It is not to our
advantage to
harm anyone.

Everything in the
conditioned Picture of
Man is hypnotism.
All our work is to get out
of this hypnotic trance.

If you want to be
safe and comfortable,
forget about
regeneration.

Marriage is
a man-made
game.

<p>The people who cause a commotion in our life are part of the degree team.</p>	<p>When we don't want to change anything, we have a peaceful mind and then we can have a higher mind.</p>
<p>When we get to the point where we don't react and we agree rather than defend, we have passed the third degree.</p>	<p>Joy is watching this great Intelligence handle every situation.</p>
<p>Don't push.</p>	<p>Delay the response.</p>
<p>One is a privileged invited guest to this beautiful Teaching.</p>	<p><u>X</u> is the symbol of Infinite Intelligence and always does the appropriate thing for the information provided by awareness.</p>
<p>All we can do is report what we're sensing. That is being obedient to our nature.</p>	<p>Few of us can receive a gift without doing something in return. We deprive the giver of the joy of giving.</p>

<p>One is the function of Infinite Intelligence.</p>	<p>Do we want to serve God or serve the senses?</p>
<p>It's easy to lie to ourselves. Lying is convincing ourselves of the reality of our conclusions. When we tell ourselves the truth, transformation takes place.</p>	<p>We usually try to justify our sense of limitation.</p>
<p>Non-disturbance is the by-product of being free to experience.</p>	<p>There IS life between the womb and the tomb.</p>
<p>When we are not trying to change anything there is peace, then the higher mind develops.</p>	<p>The only time we want to change anything is when we think we know the future.</p>
<p>We have to make up our mind with great intensity that we are through with the old decision that the whole purpose of living is to regain the non-disturbed state.</p>	<p>The mind is invisible. The brain is an organ of organization.</p>

<p>If our attention is not on this moment, our awareness is fragmented.</p>	<p>The tree of knowledge of good and evil is the tree of ideals. When we drop the ideals, we have nothing to compare 'what is' to.</p>
<p>True power is creative. Force is destructive.</p>	<p>It is no small matter to commit ones self to making something of first value.</p>
<p>Suggestion tells us Circumstances determine our inner state.</p>	<p>There is no success or failure--Only observing and reporting.</p>
<p>It takes Considerable consideration to be considerate and harmless.</p>	<p>If one decides to be miserable, he will be.</p>
<p>Four steps to transformation: surrender, confession, repentance, baptism (new man)</p>	<p>If we experience freely, we are peaceful. If we resist experiencing, we are in conflict.</p>

<p>Take things in their natural sequence. We want to be a butterfly when we're still a worm.</p>	<p>Anxiety is fear of living.</p>
<p>All judging comes from the first decision, that the whole purpose of living is to regain the non-disturbed state.</p>	<p>When we have a quiet mind we have inner development that grows naturally. A peaceful mind doesn't want to change anything.</p>
<p>"What is" is reality. "What ought to be" is suggestion.</p>	<p>Whenever I make anything important, I am anxious.</p>
<p>To know ourselves is an absolute necessity to evolve.</p>	<p>We look for an authority because we don't want to be responsible.</p>
<p>Our whole purpose is to be conscious.</p>	<p>We have to be conscious to be in charge of our inner state.</p>

<p>Conflict: the difference between 'what is' and the ideal of what I think ought to be.</p>	<p>Ideal: a picture in the mind, an illusion.</p>
<p>Anti-agape: "You knew what was right and did wrong anyway."</p>	<p>Disappointment leads to feeling hurt. Then we look for blame which leads to fear, anger, guilt, insecurity. All of this is stress, which the body is not designed to handle.</p>
<p>If we are still suggestible, we need to look at the basic decision and re-evaluate it.</p>	<p>All judging comes from the first decision, that the whole purpose of living is to regain the non-disturbed state.</p>
<p>When we have a quiet mind we have inner development that grows naturally. A peaceful mind doesn't want to change anything.</p>	<p>"What is" is reality. "What ought to be" is suggestion.</p>
<p>Whenever I make <u>anything</u> important I am anxious.</p>	<p>Aging is a chronic disorder.</p>

<p>We have no soft tissue cell in our body over three months old.</p>	<p>State of health has only four factors: activity, inner state, environment and nutrition.</p>
<p>One way of being harmless is to never put a person under an obligation.</p>	<p>Ask for enlightenment, wisdom and understanding. All other things are added.</p>
<p>Integration already is. It is covered up with a bunch of false beliefs and conditioning.</p>	<p>If we don't pay attention to the words we use we become hypnotized again.</p>
<p>We can check up on how conditioned we are by observing if we live at peace.</p>	<p>Kingdom of God is peace, joy, balance. Not a place.</p>
<p>When reading the Bible, think in terms of ideas with the Picture of Man in mind. It is a textbook of personal integration being one with Spirit or God.</p>	<p>Anything I make important I make into an idol.</p>

<p>Another word for goal is ideal.</p>	<p>Integration: living without stress.</p>
<p>When we want future peace or safety, it is turned into a goal. Most of our energy is used chasing illusions to be safe.</p>	<p>We can decide to be peaceful THIS MOMENT. We usually we want assurance that the next moment will also be peaceful.</p>
<p>As long as we blame the environment we have given the environment authority over us.</p>	<p>We look for solutions to problems instead of understanding the problems.</p>
<p>"It came to me", "the thought crossed my mind", are dream states.</p>	<p>What would be the greatest good to me right now? To be safe? Secure? Right?</p>
<p>There is nothing wrong with wanting to be non-disturbed, unless we feel we are entitled to it.</p>	<p>We are spiritual beings with a body.</p>

<p>We want assurance we will have safety and comfort. We are divine beings and we deny our birthright when we want assurances.</p>	<p>We get our power back by removing all authorities.</p>
<p>We can be integrated and function as ONE. However, the authorities and assurances have to go. This is the Kingdom of Heaven.</p>	<p>If we want to be "safe" or "do it right" we cannot be integrated.</p>
<p>A point of awareness comes as the result of the Teachings. There is no other way.</p>	<p>As we act, so will we feel and we can act any way we want to. We are responsible for our behavior.</p>
<p>Only a quiet mind can see 'what is' clearly.</p>	<p>The best way to destroy a living being is to turn everything over to feelings. This is the way to the grave.</p>
<p>We are in charge of what we put our attention on.</p>	<p>The only way I can be angry with you is to believe you knew better, but went ahead and did wrong anyway. This is anti-agape.</p>

<p>If you don't have agape for yourself, you can't have it for anyone else.</p>	<p>Is our conditioning based on fact? Check it out.</p>
<p>We are all initiates. Everyday living is a great show. We wake up when we see the joke. We either see it or die in the third degree. Once we see the joke, we won't take it seriously again.</p>	<p>There is always someone poking us (psychologically) to see if we will react.</p>
<p>We are the observer and the observed, the accuser and the accused, the tempter and the tempted, the frightener and the frightened. Everything is inside us.</p>	<p>Idolatry: Anything we make important.</p>
<p>Events: Leave them alone. They come to pass. We want to do something because they disturb us.</p>	<p>If our attention is on evolving instead of having our way, we wouldn't want to change anything.</p>
<p>We destroy ourselves by being sentimental.</p>	<p>Without self-knowledge there is no way to regenerate.</p>

<p>We have one basic instinct—the urge to union or oneness with Spirit. We try to find it in others, sex, food, etc.</p>	<p>Point of awareness can observe the conditioning, without identifying or trying to straighten it out. Only X knows what to do with the conditioning.</p>
<p>We surrender the idea that we think we know what ought to be.</p>	<p>Confession is self-knowledge. Without it we have nothing.</p>
<p>Nothing is important. We only make it so. This is the basis of all disintegration.</p>	<p>Self-pity produces a chemical called "DACHA" which is highly addictive.</p>
<p>There is nothing but death in opposites. It is a total barrier to evolving.</p>	<p>Ask, "What am I doing?" Then do it consciously. Want pity? Do it consciously.</p>
<p>The more one thinks in opposites, the more unconscious one is.</p>	<p>The idea of "owning" or "claiming" is deep sleep.</p>

<p>As long as our motive is to have pity, we will have many things happen so we can have pity.</p>	<p>Total integration is available right now. The question is, "Can we lay down all that we have?" Laying down is ceasing to put importance on.</p>
<p>Anger and self-pity are the effort to control people.</p>	<p>We love our problems because they give us reasons to feel sorry for ourselves.</p>
<p>Only X knows how to do anything.</p>	<p>If we're interested in gaining or escaping, forget about being spiritual.</p>
<p>There is not one word in the Bible about sex, except as it is a symbol of integration.</p>	<p>We cannot change ourselves. We can only be aware of what is there without judging it.</p>
<p>This is a basic fundamental: To do consciously whatever we have been doing mechanically.</p>	<p>Reality is okay just like it is.</p>

<p>If we try to change conflict, we only increase it. We want to understand conflict. Then it comes to an end.</p>	<p>The only way to handle any situation is to wake up. To be awake is to see everything objectively. There is no judgment.</p>
<p>The purpose of living is to live as one harmonious unit without any conflict.</p>	<p>We don't own anything. We'll never own anything. It was all here when we got here.</p>
<p>We are the confuser and the confused. We are the tempter and the tempted. We are the victim and the victimizer. We are the observer and the observed.</p>	<p>TRUTH" Seeing 'what is' without justifying, condemning or trying to change it.</p>
<p>Life is not the author of confusion.</p>	<p>Be grateful for pain.</p>
<p>Anger, fear, boredom, apathy, resentment are symptoms of conditioning.</p>	<p>Everyone has a purpose, either known or unknown. Once we have a purpose clearly defined, it operates automatically.</p>

<p>Prayer: A state of not-knowing. The only thing we can really pray for is wisdom.</p>	<p>Security is bondage.</p>
<p>The block to integration is that we see 'what is' then try to change it.</p>	<p>Can we worry without thinking we know the future?</p>
<p>As long as we claim (my, mine) anything, we are identified with it.</p>	<p>If we want to change anything or anybody we have not surrendered .</p>
<p>We turn from living from the sensory brain to living from understanding. Don't take the senses very seriously.</p>	<p>We are an invisible being that inhabits the body.</p>
<p>We are in bondage to "What will people think?"</p>	<p>Without the WORK we never come alive. The Teachings bring us this point of awareness, this new <u>I</u>.</p>

<p>Let circumstances be.</p>	<p>The only thing we complain about is that things are not like we think they ought to be.</p>
<p>Every challenge is an opportunity to be more conscious.</p>	<p>Being uncomfortable is a signal that one is struggling toward an illusion.</p>
<p>Feeling attracts the things that fit it.</p>	<p>AGAPE: Whatever others or self are doing, at the moment of doing, they feel it is right, proper and/or justifiable.</p>
<p>To know the future would be a painful hell.</p>	<p>THE FOUR FORCES: Initiative-the originator or starter; Resistance to the starter; Form-the visible aspect; Results-what happens.</p>
<p>Vanity: False picture of self.</p>	<p>Self-knowing: KNOWING THE SELF, that which makes up the personality. Self-remembering: HAVING A PURPOSE AND A WILL.</p>

<p>No one can teach another. One can only put out ideas to people who are already questioning the ideal that the purpose of living is to be non-disturbed.</p>	<p>The greatest thing a person can do is to take charge of what ones attention is going to be on.</p>
<p>All the stuff that runs through our head is just traffic on the freeway. We don't have to get involved in it.</p>	<p>We have the ability to determine what we put our attention on.</p>
<p>Our inner feeling determines our outer state of affairs. Our inner feeling is hooked up with what our attention is on.</p>	<p>Impressions, intuitions, feelings, ideas, voices, suggestions, etc. We are responsible for checking them out.</p>
<p>If we feel like we have to know <u>how</u> to do something before we do it, we will be very limited and function far below our potential or capabilities.</p>	<p>Let Life unfold naturally.</p>
<p><u>I</u>, the awareness, has two basic things to do: One is to see what is and the other is to see the value of what is. This is reporting to X.</p>	<p>As one begins to see what ones nature is, one will experience information and Teaching from a higher realm.</p>

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**I am a Spiritual
being having a
human experience.**

**I refuse
to react to other
people's
reactions.**

**I refuse
to react to other
people's
reactions.**

**We cannot control
circumstances or how
other people treat us.
We can choose our responses.
This is freedom.**

**When we are responsible
we can feel any way
we choose to feel. We don't
have to let the clouds
determine how we feel.**

**What or who
keeps me from
feeling good—
right now?**

**If we want to feel good,
we start acting like
we feel good.**

**If we're finding fault,
we're looking through a
misconception**

**How much time
do we spend trying to
get others to
'see the light'?**

**Happiness is
when we don't want to
change anything. As long
as we feel we have to gain
something to be happy,
we're in trouble.**

**What value
does feeling less than
happy have for us?**

**We will have NO
problems if we don't
make anything
important.**

**Are we grown
up enough to not be
controlled by emotions?**

**The marvel of our
existence is
incredible.**

**Peace:
We have ceased to
make anything
important.**

**Blaming
the body, self or
another is an
illusion.**

**We don't have
to straighten out
anything or
anybody.**

**Who or what
Determines
how we feel?**

<p>We can all handle 'what is'.</p>	<p>Much of our conflict comes from impatience. Everything is a process. That is the nature of things.</p>
<p>The thing that maintains fear is not wanting to have it. The remedy is to be free to experience fear.</p>	<p>We cannot always choose what happens to us, but we can choose our response to what happens to us.</p>
<p>What is our mind occupied with all day? What we don't like? Finding fault? Worry? Upset? A sense of urgency? Anxious? Complaining? Blaming? What we are occupied with is what we will actualize.</p>	<p>Complaining will bring us conditions to complain about.</p>
<p>If one decides to be miserable, he will be. We can be miserable if we set ideals of how things ought to be.</p>	<p>If we have something interesting to do, we will not be miserable.</p>
<p>We can't even make a fingernail, so how could we know what ought to be.</p>	<p>We can stop doing the things that cause conflict and struggle.</p>

Experience everything that comes your way freely. We are going to experience it anyway, so we might as well do it with good grace.

Resistance to 'what is' is the only problem anybody has. It is THE PROBLEM.

When we assume a person is not responsible, we harm them

The minute something comes along we don't like, we feel like a victim.

Our best teacher is the one who bugs us the most.

Never give advice.

Whenever we want to change something we have judged it.

To sympathize with a person harms them.

It is not what has happened to us nor not what has been done to us, but what we decided about those things. And for those decisions, we are responsible.

If we imply to a person that he is not responsible, which is expressed by "helping", then we have harmed him. For this we will get a balance, which means we will pay.

**Putting oneself
in a good light could
be called lying.**

**Are we brave
enough to dump
all authorities?**

**When you approve or
disapprove
of me you are only
telling me something
about you and your tastes.
It has nothing to do
with me.**

**We can be miserable
if we set ideals of
how things
ought to be.**

**Surrender:
We cease to think
we know what
ought to be.**

**We lie
to be safe.**

Whenever "I" make anything important, "I" am anxious.

Anxiety:
When I want something to be different than it is.

Anything we depend on we are in bondage to.

Just because we feel something doesn't make it true.

A quiet mind is impossible if we are making anything important.

Don't push.
Let Life unfold naturally.

Delay the response.

Few of us can receive a gift without doing something in return. We deprive the giver of the joy of giving.

Take things in their natural sequence. We want to be a butterfly when we're still a worm.

Whenever I make anything important, I am anxious.

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of what we put our
attention on.**

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is to have pity, we will
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are the effort to
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We'll never own anything.
It was all here when we
got here.**

**Can we worry
without thinking
we know
the future**

**Be grateful
for pain.**

**If we want to change
anything or anybody we
have not surrendered.**

**We are in bondage
To
"What will people think?"**

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