

# leonardjacobson

you can awaken now

## **Mt Madonna 2009 - "Simplicity of Being" TOPICS**

### **MMR 09 Part 1: Wednesday Evening Opening**

Topics include:

- When you are present, you are a fully awakened being
- There is nothing wrong with thinking
- Two possibilities: being present or caught in the mind
- Liberation from identification with your story
- The truth is within you
- Free will and the choice to awaken
- When you are present thoughts stop
- Pure consciousness
- Conscious movement
- Revealing your story
- No one is present
- The master lesson
- Deepening in Presence
- Guidelines for participation at the retreat

## **MMR 09 Part 2: Thursday Morning**

Topics include:

- In the moment there is no "Next"
- All that you will ever evolve into is already here
- Presence limited to this moment
- Loving and accepting of our humanness
- Origins of judgment
- God as everything and nothing
- Finding our way out of judgment
- The ego keeps you in judgment
- True nature of love
- The Kleenex box
- Human unconsciousness and suffering
- Not wanting to be here
- Manifestation of the formless into form
- From Heaven to Heaven-on-Earth
- Finding the right question
- Presence - the shelter from the storm
- Be a disciple to the present moment
- Everything outside of this moment is illusion

### **MMR 09 Part 3: Thursday Afternoon**

Topics include:

- Not wanting to be here
- Willing to be here
- The invitation into the present moment
- Beyond everything and nothing, I am
- Ego's attempt to avoid silence
- What calls us to awaken?
- Recognizing truth through intelligence
- Dialogue with the ego
- Judgment keeps us in separation
- Ego is our protector in an unconscious world
- Gratitude and true power
- Nothingness
- Simplicity of being here
- Longing for God
- God is this moment revealed
- God is impersonal, unknowable with the human mind
- True meaning of the teachings of Jesus
- I am here to reflect to you who you are
- The way of awakening

## **MMR 09 Part 4: Thursday Evening**

Topics include:

- Gentle remembering
- True answers arise from silence
- Revealing who we have become
- Rejection and judgment
- Healing the past through Presence
- The present moment is the doorway
- Intelligence is an inherent quality of Presence
- The ego's role in an unconscious world
- Presence protects your boundaries
- Turn the other cheek
- Prayer to heal boundaries
- Relating to people caught in the mind and ego
- Lost in a complex mind
- Speaking the truth
- Has anything ever happened?
- Making peace with the ego?
- Clear distinction between you in Presence and your ego
- The true master
- Stop trying to fit into an unconscious world
- Knowing arises from Presence
- What do you have to offer the present moment?
- What calls us to awaken?
- The pathless path

## **MMR 09 Part 5: Friday Morning**

Topics include:

- Lost in false power
- True Power
- Balance in duality
- Not knowing who I am in Presence
- Unconscious humans are out of synch with nature
- Coming into the new world
- Ripples of light
- Presence as your first priority
- The True Master
- Childhood patterns and limiting beliefs
- Thinking as a strategy of escape
- Flight or fight response
- Seeking acceptance

## **MMR 09 Part 6: Friday Afternoon**

Topics include:

- Feeling unloved
- Male attitude toward sex
- One by one we awaken
- Deepening in Presence
- Being present in the world
- Fear of intimacy
- Expressing as love
- Presence as first priority
- Expressions of gratitude, shared in many languages
- Honoring silence during dinner

## **MMR 09 Part 7: Friday Evening**

Topics include:

- As Presence deepens we experience Oneness
- Fear of judgment
- Giving away your power
- Seeking substitute needs
- Ego's fear of being annihilated
- Dialogue with the ego
- The ego's role and dilemma
- Ego gently surrenders to the Inner Master
- Expressions of love and gratitude

## **MMR 09 Part 8: Saturday Morning**

Topics include:

- Deepening levels of Presence
- Invitation to be present
- The I am of you
- What have you accumulated?
- Releasing responsibility for others
- Asking for what you need
- Everything and nothing
- Confess every aspect of who you have become
- Repressed feelings of abandonment
- Rejecting God as nothing
- Life is a mirror
- Buddha and conscious movement

## **MMR 09 Part 9: Saturday Afternoon**

Topics include:

- Clarifying conscious and unconscious thinking
- Silence in every realm and dimension
- Pain and anger
- Experience of eternal silence
- Words point to a deeper truth
- Headache and feelings
- Awakening is a gradual process
- Embracing the way of awakening

## **MMR 09 Part 10: Saturday Evening**

Topics include:

- Embracing true responsibility
- Relax into Presence
- Mind is an instrument of expression
- Make Presence your first priority
- Sharing love and gratitude
- Physical sensations in the body
- Being present as service to God
- The way of awakening
- Liberating limiting childhood beliefs
- Presence is an embodied state
- Freeing ourselves from identification with the story
- Confession
- Conscious relationships
- Reservoirs of repressed emotions
- Living in an unconscious world
- Sharing Presence with others
- A gentle awareness
- Experiencing deep states of Presence

## **MMR 09 Part 11: Sunday Morning Closing ~ 74 minutes**

Topics include:

- Expressions of love and gratitude
- "Yay, Yay" or "Nay, Nay"
- No pressure to awaken
- Leonard thanks Mary and the staff
- Waves arising from the ocean
- Being utterly present
- Closing of the retreat