



WEDNESDAY, AUGUST 12, 2020

How to Give Yourself the Gift and Grace of Perfect Strength

Key Lesson: As sure as all of our higher possibilities are seeded into each moment of our time on earth, so does the realization of their fulfillment also dwell in us - right now - only in another order of consciousness that only awaits our awakening...and entrance into it, etc.

Talk Takeaways

- Special Writing: "Two Questions That Must Be Asked by Those Who Seek Self-Liberation"
https://gfmisc.s3.amazonaws.com/20200812_specialwriting.pdf
- True teachings awaken the aspirant to what already lives in them.
- Freedom is an inclusive state, never an exclusive one.
- The one thing we almost never doubt is the certainty that we feel when we are negative; the certainty is that the cause of the negativity is somewhere outside of ourselves.
- Whatever we resist has to first be judged and found to be wrong.
- To resist anything we must believe that we have nothing in common with what suddenly needs to be resisted. When we resist something, we'll never know the truth about the thing being resisted. Resistance kills discovery. It destroys investigation. Resistance is the revelation killer.

- We cannot resist any moment and learn the lesson in it at the same time. Each lesson is heaven sent for the purpose of our liberation.
- Our greatest weakness is how easily we identify with unconscious resistance to an unwanted moment. Resistance of the unconscious kind, when identified with, renders us powerless.
- It is possible for a human being to use every moment to transcend their present level of consciousness, to develop a relationship with the Divine.
- The root of any limitation is something in our consciousness that has yet to be completed.
- Two opposing objects that seem to be opposites on the level of duality are secretly complimentary, because there can't be one without the other. They need each other in order to exist.
- Resistance can either be the point of a revelation of our present level of consciousness, or proof to us that we need to control life so that we never have to feel any kind of pain.
- Anyone who excels at any endeavor in life must go through the resistance inherent in meeting their limitations. By necessity they had to be made aware of whatever stood between them and the relationship they wanted to know.
- The very appearance of a limitation, of a weakness, is the same as the realization of a potential strength. Our task is to do the work, and be willing to bear the inherent suffering necessary to develop that relationship.
- Whatever is denied can never be transformed.
- Unconscious resistance is a weakness, not a strength.
- There is no negativity of a psychological nature that is not born out of unconscious resistance.

- Resistance of the unconscious kind never doubts its own conclusions.
- In order to use the moment when you are filled with resistance -- instead of being used by it -- you have to bear what that same resistance usually commands you to do.
- It is never the condition alone that is out of control; what is out of control is the consciousness that is identified with the condition that believes it will lose control if the condition changes.
- You cannot be released from anything that you are trying to control.
- Use the resistance to a moment as a springboard to revelation of something you didn't know about yourself the moment before.
- Real understanding is not painful, but getting to that understanding costs us something.
- Conviction hides from us the actual captivity of our own consciousness.
- Our task is to see that the content of our consciousness is a stumbling block, and not the path to freedom.