



WEDNESDAY, SEPTEMBER 2, 2020

Illuminate and Eliminate the Source of Personal Painful Conflict

Key Lesson: The only true solution to any stress, anxiety, fear or frustration - that rears its ugly head in unwanted moments - is to do the (interior) work it takes to outgrow an unconscious, conflicted level of self that sees its pain as proof that it knows...the true nature of peace.

Talk Takeaways

- Self-acceptance is self-realization. The rejection of a moment is the same as resisting a moment of revelation.
- There is intended to be a release in each moment... if we are willing to accept the revelation in it.
- Conditions do not create conflict. The conflict is already there before the condition, and before we even know it. We come into the moment holding onto an unconscious nature that must be in conflict in order to exist.
- When we refuse a lesson we also refuse the liberation that the lesson would give to us.
- Human beings suffer from "HTSBS": How Things Should Be Syndrome.
- Judging ourselves is the refusal to accept what we are being shown about ourselves in that moment, so that judgment replaces revelation.

- It is not what we cling to that has to go. What has to go is the thing that clings.
- Self-acceptance is not making peace with the part of us that torments us; and self-acceptance has nothing to do with thinking. Real self-acceptance is connected to seeing ourselves in each moment, no matter what is revealed.
- The sleeping consciousness is imprisoned by its own activity.
- The rushing nature is always trying to reach a point where it will no longer have to rush.
- Separation becomes corruption whenever the divided mind seeks to find a way back to wholeness, which it cannot do through its own thought and effort.
- It is our certainty of how things should be that causes us to suffer.
- It is in the revelation of the true root of conflict that we are released from ourselves and the conflict.
- The whole world will change if we will die to the part of us, within us, that does want to change.
- Nothing is too great for the human beings who will agree to see something about themselves that they could not see before. There is no end to who and what we really are.
- We've been looking at a picture of ourselves believing that it is the whole of ourselves, and that is why we find ourselves in conflict with reality, Reality is a living thing, not a picture.
- If we have a purpose for meditation, we will never know what real meditation is. Meditation is the full acceptance of what the moment brings, what the moment reveals, and what is born from that.
- Our true nature is the acceptance of revelation.
- Our consciousness cannot set itself free, but it can discover that it already is free in a higher kingdom.