



WEDNESDAY, SEPTEMBER 23, 2020

Self-Liberation Requires This Self-Realization

Key Lesson: Any “certainty” born of ascribing a negative meaning to an unwanted moment, or that goes on to imagine that moment as a prelude to even more painful times to come, is a false conclusion arrived at by a false self...creating a false sense of captivity.

Talk Takeaways

- There exists a freedom that can't be won through struggle.
- Everything that is whole is unspeakable, and cannot be fully comprehended by the intellect.
- What one thing in our life always shows up unannounced and ruins any moment in which it appears? The answer is: negative reactions.
- The pain of not wanting a moment IS the pain we experience in that moment.
- All mental and emotional pain is the result of a moment of time in which "what is" runs into something in us that resists its appearance. Each of those moments presents an identity crisis because the moment seems to threaten something that lives within us that we have unknowingly identified with.
- Only "what isn't" fights with "what is." That means that if we are living in conflict, or fighting with life, then we are living from "what isn't," from imagination.

- In our consciousness is something that hates. Something lives in us that has extreme ill-will towards the Will of God.
- The original meaning of "resist not evil" is "do not oppose what opposes you."
- Are you tired of feeling threatened whenever conditions don't go the way you think they should? And what is this "me" that feels threatened? These are real questions that lead to real freedom.
- Whenever a moment doesn't turn out the way a part of our consciousness believes it should, the pain that we feel seems to validate and justify our belief.
- Blame is how the consciousness that fights with life remains hidden.
- The level of consciousness that is in conflict cannot be seen by thought.
- The consciousness that is in pain depends upon us not wanting it in order to maintain its position of authority over us.
- We have to stop lending our life to the incessant struggle of trying to change people and events so that we can live undisturbed.
- What do we do with the pain that we don't want, when "not wanting" IS the pain we are in? Accepting the revelation of that as a fact is the answer.
- We can't say "This isn't how the moment is supposed to be" without already unconsciously knowing how the moment is supposed to be.
- We can't imagine real freedom; the freedom that we imagine is a prison.
- There is nothing wrong with the day other than not wanting it to be the way it is.
- The level of consciousness that can't see actually creates the conditions that it then tries to escape.
- The "you" that wants to do something about the pain is the source of it. When you see that, you are the one who witnesses the moment instead of trying to manipulate it.