



SUNDAY, SEPTEMBER 27, 2020

Start Helping Yourself and Everyone You Meet Become a Better Human Being

Key Lesson: Before we can hope to know anything of Divine love — let alone realize an unconditional compassion towards one and all — there's something we must all know but, in truth, don't want to: humanity hurts; everyone suffers. But for those (of us) who see this burden — who would do our part to bring an end to this sorrow — there's a great cost: we must do the work to realize — consciously — this pain within ourselves.

Talk Takeaways

- "Made in the image of God" means that we human beings are the embodiment of all the forces that create and give life to all that exists. These forces are blind, and they have authority over us when we are unaware of their activity.
- Real beauty is not just in the beautiful object that is seen by the physical eyes, but in the realization that the observer is the observed.
- Negative reactions have no awareness of themselves.
- You can't change the past by thinking about it; you change the past through awareness of the part of you that wants to revisit the past.
- All that the pained nature sees is what it blames for how it feels.

- The more that we get what we think will make us safe, the less safe we are.
- We are never on fire with a negative state such as anger without there being a finger pointing outward at the person or event that supposedly set us on fire.
- How can I "love my neighbor as myself" if I don't know anything about myself?
- We can't ever win a fight; the only thing that is done is that we temporarily bury the part of us that wants to fight.
- The outer condition is showing us our inner condition. This means that the outer and the inner are one. The condition calls out what has always been there inwardly.
- When we don't understand psychological pain, then we are pressured into finding distractions from it.
- It is not possible to do the right thing as long as you want to be seen by other people in any kind of way whatsoever.
- Not wanting to see myself as I am is a judgment.
- Instead of blaming others for our suffering, see that this suffering is something that we have in common.
- Identification is image worshipping, which leads to pain when passing conditions do not confirm the image.
- A group is the absence of individuality, including a group that "celebrates individuality."
- Any pain that we carry from the past is because of something in us that is harshly judging us for our part in the past event.
- No one hurts us who is not in pain themselves before they ever committed the unkind act.

- A false idea is that life is supposed to be certain based on what our minds say certainty is.
- Awareness of yourself is the beginning of a new relationship with yourself.
- Resistance is reincarnation of the condition being resisted.
- Witness instead of wanting. Then you will begin to see the wanter that perpetuates the pain of believing that you need to add something to yourself in order to be content.
- Light does not reject darkness; It embraces and transforms darkness.