



FRIDAY, OCTOBER 2, 2020

Transform Painful Stress into Perfect Success

Key Lesson: Whatever temporary "strength" we derive from any stressed, agitated state of mind - as it empowers us to "go through" what it is pushing us do - is a lie. The only "power" this lower level of consciousness possesses is to deceive us into believing that it's better to run from (our) pain than to turn around, meet it consciously, and see for ourselves the NOTHING it is - and has always has been - in reality.

Talk Takeaways

- We are meant to have the best of both worlds -- "physical" and "spiritual" -- but instead we presently have the worst of one and none of the other. We are meant to have a spiritual life so that everything in our physical life takes its proper place.
- Real success can't be threatened. The threat is the loss of the things we have identified with that seem to provide security.
- Stress is built into our culture's notion of what it means to be successful. But has our so-called success brought us to a place inwardly where stressed states don't punish us?
- What is ambition other than an attempt to get away from what we fear?
- Neither physical nor psychological possessions provide the security, the sense of fearlessness that they promise.

- We have been taught to live in fear of unwanted moments, and then struggle to be free of those moments.
- The moment unfolds in the only way it can. Our resistance of the moment is the rejection of what the moment is revealing to us.
- Without changing our consciousness, we don't change anything. We don't succeed because we don't understand the real nature of success.
- Stress is there to actually wake us up to, and then transcend that same level of consciousness that is stressed.
- Real self-knowledge is what happens when we act on our knowledge, when we put our knowledge to the test of experience.
- All tension begins at the level of creation itself. Until we are able to see and participate consciously in that creation, all we know to do is identify with our reactions to the tension and then act accordingly.
- There is a natural tension between active and passive forces. In nature those forces are reconciled by a natural modifying force so that there is always a new creation. For us, the reconciliation of the active and passive forces, including the tension between them, lies in our awareness of those forces. In the moment of the marriage of active and passive, there is a new conception.
- Real success is participating in the ceaseless reconciliation of the tension of creation; to not resist, but instead to assist creation through awareness.
- Our first reaction to being stirred awake is to resist the awakening. We can't and aren't supposed to stop that first reaction, but we can be aware of it, which is the only action that produces real change.
- A part of us would rather dream of a time to come when we will have everything we need to not feel stressed. The dream is the stress.
- Awakening is the process of realizing perfection through renewal.
- We think we know what the gifts of life are supposed to be, based on our conditioning. But if we ever want to be free, we are going to have

to understand that every moment of life is a gift that never stops giving. If we don't understand that, then the part of us that feels it is being denied the gifts of life will pursue its stressful and futile search for freedom in a time to come.

- We must be willing to consciously suffer being aware of the good that we know is true, while at the same time seeing the temptation of the negativity that wants us to become its instrument. Then we are present both to the good that we know and to the darkness that wants to drag us down, both at the same time.
- Tension, through awareness of it, can be used to participate in a new relationship with reality. See if you can catch how the natural tension of creation is turned into an unnatural drama by the consciousness that reacts to it.
- Allowing stress, worry and fear to choose our actions for us is the guarantee of the continuation of the conflict that those states are trying to escape.
- When you take an action... watch, observe yourself as you take the action. Then within the revelations you receive will be the self-knowledge and instructions that you need to take the next action. So try to see that it is not necessary to continually stress over whether or not you are "doing the right thing."