



WEDNESDAY, OCTOBER 28, 2020

Release Yourself from the Grip of Painful Tension and Realize Perfect Freedom

Key Lesson: Tension is a part of creation itself; its boundless energy is a feature of every relationship in all worlds. The unknowing masses resist its manifestation, and wear themselves down trying, in vain, to escape it. But the Wise know how to use it...to remain aware of their part in a Divine awakening that is the fulfillment of Life.

Talk Takeaways

- Genuine change is not something that we can imagine. "Our hopes must not be in things seen."
- What we imagine will bring an end to our tension is in fact inseparable from the cause of it. The things that we imagine will free us from stress turn out to be prisons.
- All psychologically rooted tension has its beginning in resistance.
- The real root of continual, chronic tension is a lack of self knowledge.
- Tension is a natural part of creation itself. There is an invisible and ceaseless tension between "what is" and "what was," between what is "active" and what is "passive."
- There is tension whenever two opposing forces meet. Without that tension, nothing new could be born. There cannot be any tension, which is an energy, without there being opposites. Tension exists because there is a contest of opposing wills.

- If we could learn to see that the tension we feel is not there to punish us, then we could use the tension to realize our true role in creation itself.
- The part of us that resists the tension sees everything as being outside of us. In that very mindset there is a never-ending tension that is not properly resolved through the real understanding of what the tension is there for in the first place.
- There can be no unnatural continuation of tension without some form of attachment.
- We fight with others and with life in general in order to relieve tension.
- There is no such thing as any expectation -- positive or negative -- that doesn't create second force, which is resistance.
- We must learn to use moments of tension as stepping stones into another order of awareness.
- When it comes to tension, the "feel" is real, but the "why" is a lie. The part of us that is tense tells us who we are and what we stand to lose in the moment. Who and what we really are cannot be threatened.
- The task for us must be to no longer RESIST tension, but instead do our part to ASSIST in the fulfillment of the real purpose for its appearance. Do something new with the appearance of the energy of tension.
- Tension is intended to be used as a stage in transformation.
- The next time you feel tension, sit there for a moment and say to yourself, "The tension I am experiencing in this moment is because I have demanded it." As strange as it may sound, something in us demands the experience of not wanting conditions.

- Wanting to be someone special, someone who can get through life without disturbances, is a punishment. Ultimately the task is to leave ourselves alone. Be a seer, not a do-er.
- Demands cannot lead to freedom.
- The very not wanting of pain is the placement of our attention on a level of consciousness that doesn't exist without what it doesn't want.
- The only decent thing to do is to no longer be who we have been.
- The task is to be aware first, then allow that awareness to dictate our actions.