



WEDNESDAY, NOVEMBER 11, 2020

How to Walk Out of the Haunted House of Endless Wants

Key Lesson: Part 1: Here's the first step in quieting the mind: SEE the fact that if we weren't always talking to ourselves about what we want, or don't want...that most of what troubles us would just disappear on its own!

Part 2: There is no peace to be found in any desire...other than the momentary spell it casts in its promise to free us from its pain.

Talk Takeaways

- We are intended to be in charge of ourselves whenever we meet difficult moments.
- Truth is always a relationship. There is no truth outside of our relationship with each moment, and the revelation that comes with that connection.
- If our life depended upon taking a medicine, we would take it whether we liked the taste of it or not. We must give ourselves to what we are shown about ourselves, whether we want to see it or not. The medicine is bitter, but it heals.
- We are created with a higher nature that is at perfect peace within every condition, wanted or not wanted by the level of consciousness that resists conditions.
- There is a part of us that is set against our own best interests without us knowing it, without our awareness of it.

- We can't learn anything if resistance goes before us to meet the moment. We can't learn as long as we are identified with wanting or not wanting any particular moment. It is impossible to resist a moment and learn anything from it at the same time.
- We presently dwell in a level of consciousness that sees a threat in any moment that runs counter to what we want.
- We presently live with a nature that is endlessly trying to fill itself, but is never able to do so.
- There is no peace to be found in any desire... other than the momentary spell it casts in its promise to free us from its pain.
- New self-knowledge is the herald of a higher kind of awareness. That moment of new self-knowledge is the beginning of the awakening of a new mind. We come into contact with another order of awareness that reveals the consciousness that mechanically acts against itself.
- There is no moment when heavenly forces are not interacting with earthly conditions, an interaction between active and passive forces. The meeting of these forces, which comes in the form of a disturbance, includes an innate, impersonal desire to resolve the tension.
- Presently, whenever there is a disturbance, we turn to a level of consciousness that believes that it knows (even though it doesn't) what to do with the tension and the desire to reconcile it.
- If we continue being remanded over to a mechanical level of consciousness that fears unwanted moments, then we will never know from ourselves the real purpose of the tension and the desire to have the moment reconciled. The tension and the desire always appear together at the same time.
- Everything we desire to free ourselves from tension -- to escape from it -- becomes the seed of the next time we will feel tension that we believe we must free ourselves from.

- Creation itself has tension. It is at the very heart of the creative act, and the very heart of that creative act is to desire what can properly reconcile the moment. Of ourselves we cannot properly resolve this tension. This consciousness that falsely acts to resolve this tension does not understand its role in creation; it is not its job to reconcile that tension.
- It seems to us that this tension -- that is naturally a part of creation -- is out of place. A part of us blames something outside of itself as the cause of the tension that it doesn't want, and then sets out to resolve the situation.
- We are not meant to be free from desire or tension; we are meant to understand the nature of these things. This is part of the meaning of knowing the truth, and the truth setting us free.
- When we are no longer the instrument of desire, then we are no longer the victim of the attachments that promise freedom but never deliver.
- When tension is observed and left alone, it is repurposed and turned into something new. We are intended to be transfigured by a conscious relationship with tension.
- Stay aware of the tension instead of allowing the desire (which appears with the tension as a singularity) to be co-opted by the level of consciousness that seeks to escape the disturbance and reconcile the moment according to its own limited perception of the moment.
- Dare to cease being guided by the assumptive nature that believes it knows how people and life should be.
- As goes my attention, so comes my experience. Where is your attention when you feel betrayed? It is on what you don't want.