



WEDNESDAY, NOVEMBER 18, 2020

## **Transform Any Bitter Struggle with Life into a Beautiful Lesson in Self-Liberation**

Key Lesson: Identifying with resistance to any moment the mind points to as a painful problem of some kind...is the only real problem there is in that moment. To see the fact of this - which is the purpose of all true spiritual teachings - is the end of looking for any kind of power to protect, or otherwise restore some paradise imagined lost; this (new) realization is the beginning of - and entrance into - a relationship with a higher level of consciousness wherein nothing can be lost, and therefore...where no fear can dwell.

### **Talk Takeaways**

- Special Writing: "The Shocking Secret of Self-Liberation"  
[https://gfmisc.s3.amazonaws.com/20201118\\_specialwriting.pdf](https://gfmisc.s3.amazonaws.com/20201118_specialwriting.pdf)
- Instead of setting us free, anything that we identify with as being the source of freedom turns out to be a prison.
- We resist moments because of the perceived threat of losing something, of somehow being made less by the moment.
- The mind that resists the moment will produce an image of what needs to be done to get through the moment unharmed.
- We agree to make ourselves powerless when fear tells us what we must do or be in order to regain the power it believes it has lost.

- The real power in this life is that we can't be any more than we are in any given moment... and despite what resistance and fear is telling us, we do not need anything more than that. But presently something is interfering with that understanding.
- There is nothing that can be added to something that is new. When you are genuinely new, you cannot be afraid.
- We have been empowering the very pain we keep looking for ways to overpower, re-empowering it every time we imagine some new "me" that will finally be free of it!
- The solution is not to find new powers. The solution is to become aware of the consciousness that is seeking new powers.
- Resistance can be utilized on the physical level to make the body stronger. Does the same dynamic apply on a spiritual level? Yes, resistance serves the role of strengthening our understanding of everything that stands in the way of deepening our relationship with the Divine.
- Resistance can either be used as it is intended to be, so that it actually works for us as something that assists in revelation... or, if we are not conscious of its presence, resistance can use us, in which case it serves to conceal revelation.
- Images are not alive, and yet something in us attempts to derive life from them.
- When resistance starts to mount, so too does the level of tension increase. Bring into any moment of tension and resistance the understanding that any part of us that wants to escape from the moment is complicit in the continuation of the pain of the tension and resistance.
- If we want to be free, then we must remain in the moment in which the consciousness that resists the tension in the moment tells us

what we must do to escape from the feeling. Stay with the feeling, because "the feel is real, but the 'why' is a lie."

- Resistance does not free us from what the consciousness does not want... it binds us to it.
- The more resistance and tension that we are conscious of, the more revelation there is. Resistance is built into the very fabric of creation itself.
- The point of inner work is not to escape from resistance or reactions. The point is to understand the true nature of these things as they appear in our consciousness.
- Our task is not to change the moment, but to allow the moment to show us the need to change our relationship with revelation.