



WEDNESDAY, FEBRUARY 17, 2021

## **The Wisdom You Need to Surrender Useless Suffering**

Key Lesson: In the end, the only thing we can truly be in charge of...is ourself. And yet, as paradoxical as it seems, the cost of true self-command is the same as the conscious surrender of self.

### **Talk Takeaways**

- Everything is in the only place it can be in the moment. If we are struggling, then it is us who is in the wrong place.
- It is not really the same familiar day that we live over and over again. What we are really living over and over again is the familiar content of our own consciousness, which cannot be separated from the experience we have of life.
- Before we can stop the useless suffering of struggling to change conditions outside of us, we must see where we are identified with an image of how the moment should go.
- The lower level of consciousness that we presently live from attracts the attacks that it then blames on the outside world. But there is another, higher level of consciousness that can see the consciousness that attracts attacks.
- The outside world seems like an enemy because it challenges an identity based on an image we have about how people should treat us and how events should unfold.
- In the face of almost any unwanted moment, the mechanical knee-jerk reaction of the sleeping self is to defend itself.

- The task is to see how quickly we can feel attacked, and then see the mechanical nature that attracts attacks. Wake up and understand our complicity in the conflict that we see and experience in the world.
- Awareness is the great organizing force, and our work is to enter into that, which begins with seeing just how disorganized the divided level of mind actually is.
- We cannot get closer to other people until we see the interior qualities and characteristics that stand between us and others.
- The only thing that troubles us about other people is what we want from them.
- We must stop blaming life. Life is never our enemy. The perception that life is an enemy is due to an interior nature that believes it must protect itself against anything that does not agree with it.
- Reactions are not intended to create an identity. Reactions are there to play a part in revealing the tendency to identify with something.
- All actions of rushing are the unconscious protection of an identity that is afraid of losing something.
- Our nature is our reward. We experience the effects of our actions.
- We cannot judge another person unless we hold an unseen interior position of superiority.