



WEDNESDAY, FEBRUARY 24, 2021

## Be All that You Are and Be Set Free

Key Lesson: Part 1: Unconscious opposition to unwanted moments can never change the condition being opposed because the lower nature responsible for mounting this opposing force not only remains unchanged, but resists all that it does in order to ceaselessly re-create itself...Including the unwanted moments in which it always finds itself.

Part 2: There is no right start to any moment that begins with identifying with, and then acting out a wrong state...other than to see the truth of this face, and then choose to die to that suffering on the spot.

### Talk Takeaways

- How do our negative reactions begin? There is no negativity that is not rooted in resistance to the way that the moment unfolds.
- We get negative when events don't go precisely the way that we have imagined. This means that, without knowing it, we come into these moments carrying images.
- Everything that happens in any moment unfolds within us, including the suffering that is produced by resisting the moment. That suffering, and the self that is a product of the resistance, is not ours.
- There is an unseen self love within any identification with an image.
- The suffering we feel over any moment that doesn't validate the image we have of ourselves seems to prove that the suffering self is real, valid, good and true.

- Suffering says that suffering is necessary so that we won't suffer in a time to come.
- Resistance to the moment is the source of unnecessary suffering. However, it is not even the actual moment that is being resisted. Rather, what is being resisted is an image that our mind creates.
- The task is not to find something to blame for our suffering. Instead, the task is to become as aware as we can of all that is coursing through us in any painful moment, and ask the question: Is it worth it to suffer like this?
- To understand that it is not worth it to suffer is the beginning of consciously suffering the self that only knows itself through suffering.
- The consciousness that is responsible for suffering does not want suffering to end. It requires the suffering to be what it is.
- Being against something or someone seems to prove that we are different from the thing or person we are against.
- Thought can't see noise because it is the noise. Thought can't see conflict because it is the conflict.
- Real meditation is being completely what you are.
- If we are really present, then we don't need to know "why" things happen as they do, because we are not separate from the things that are happening. Our true self is what it IS. The painful question of "why" is the effect of the mind's analysis of what has been revealed. The real task is to be present to the revelation.
- Blaming anyone for the way we feel is a form of attacking that person.