



SUNDAY, MARCH 7, 2021

## **3 Ways You May Be “Attracting an Attack” Without Knowing It!**

Key Lesson: Part 1: There is no desire within which isn't hidden – much like the fabled Trojan horse – some form of unseen pain that is its “partner in time.”

Part 2: Things are the way they are, because we are the way we are; the life we've made acts upon who we've become, just as who we become (in the throes of each moment) attracts the life we will have.

Special Writing: “The Secret of Higher Spiritual Success”

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### **Talk Takeaways**

- Our minds are full of images from which we derive an identity through identification with the image.
- In the moment of feeling ourselves as being under attack, the self that feels attacked goes into thought to find a solution, searching the very content of the mind that attracted the perceived attack in the first place.
- The moment is not attacking us, but it is instead trying to show where there is identification with an image, which resists anything that does not confirm it.

- All images of self attract attacks by their very nature. Any identity that is not confirmed by the condition feels itself to be under attack. The unconscious suffering that is experience when feeling under attack seems to prove that the self is real and that the condition is a threat.
- Because images of ourselves are not real, they need never-ending confirmation. Anything that does not provide that confirmation is seen as a threat (of varying degrees).
- Is who we really are dependent upon an image of what we need to have to be content? True Self is not dependent upon images or conditions.
- There is no upside to a so-called positive self-image because that image comes with its own downside built into it.
- We don't imagine a time to come because we are happy with the time we are in. We imagine a time to come because there is resistance.
- There is something in us that is always trying to escape seeing who we are by imagining who we should be.
- You can't feel defensive without feeling that you are being threatened by something, and the thing that feels threatened is an image. How does it feel to be on the defensive all the time?
- Creating and sustaining self-images is the same as self-worship. Those false selves do not care what they do to you in their attempt to sustain themselves.
- Catch any moment in which you are filled with any kind of resistance at all. Understand that the moment has not come as an enemy that wants to take something away from you, but instead the moment has come to reveal what you are clinging to that causes unnecessary pain.
- The only perfect human being is one who is able to perfectly respond to the moment. Perfection is not about memorizing the right response to fit with the moment.
- An attack from another person is often the way that person preemptively defends him or herself.