



SUNDAY, APRIL 18, 2021

## Find the Lost Bridge Over Troubled Waters

Key Lesson: Being able to realize, and then release one's resistance to any unwanted moment does more than help to change the "dark tide" of that event; it reveals that within us already dwell the untroubled "waters" of a celestial harbor: the timeless shelter of an eternal Self that becomes the same as our own...but only as we remember to "leap" into the Now in which it forever dwells.

### Talk Takeaways

- Something higher is always trying to reach us from a part of us that we do not yet realize is already there.
- Patterns can't change themselves. Anytime we try to break a pattern on its own level, all that we end up doing is strengthening the pattern. In that way we are complicit in the continuation of painful patterns.
- Unwanted moments seem to stand in the way of what we had imagined we need to do and be. Everything you see and feel about disturbing conditions is the product of something you've imagined about how the moment should be.
- Troubled waters are only as deep as you are asleep. Unwanted moments are not in your way. They are part of the way.
- The real bridge over troubled waters is a bridge of self-knowledge.
- The mind likes to first imagine a problem, and then struggle to resolve it. Every painful problem is the imagined byproduct of the mind resisting what life brings down the river.

- You will never change yourself by struggling to change conditions that are perceived as the source of pain. YOU are the other side of any problem you don't want.
- The very action of resisting troubled waters is what creates the troubled waters. You are the troubled waters that you see. I am the waters that I see.
- We build bridges over what we perceive to be troubled waters because we don't know what to do with the waters.
- You get to the other side of troubled waters by realizing that the other side is in you. More precisely, there is no other side. Then the mind that creates the troubled waters becomes quiet.
- We don't need a bridge over troubled waters when we understand the nature of the waters. A flood of negative states is due to ignorance of ourselves.
- Real self-knowledge is inseparable from real love.
- If you make a proper boundary for yourself based on genuine intuition, then there is no negativity in that understanding. Negative boundaries, the kind that suffocate you, are created by not wanting, avoiding, resisting.
- No one comes upon the genuine love we are looking for without first seeing the unnecessary suffering that is caused by what we thought love was.
- The more you avoid the fact of death the more you are dying by that very action. Stop running from yourself.
- The only thing that troubles you about other people is what you want from them. There is a part of yourself that embraces relationships with others while at the same time not wanting anything from them.
- Watch yourself trying to find consolation through spiritual ideas. There is no need to find consolation from what you see in yourself because what you see is not a permanent self. Just make the aim to see what you see with greater clarity. Then you won't have to think about what to do.