



SATURDAY, JUNE 19, 2021

Answer the Divine “Call” and Realize All that You Are

Key Lesson: Any part of you that wants you to feel bad, angry, or sorry for yourself, including whatever thoughts it may call on to justify why you must ache, is a secret partner of the very pain it resists. This unholy nature exists for one reason only: to ensure that you continue contributing to the suffering it creates, and then sustains with our unconscious consent.

Talk Takeaways

- Our life depends on controlling the conditions we're in so that our mind can be at peace.
- We are conflicted not by the world that whirls around outside of us. We are conflicted inwardly from the get go, from the very start.
- The only way the world changes is when you and I begin to understand that at every moment of our life, all we are doing is unconsciously thinking about ourselves.
- I didn't pick the longing for what is true love in myself, but something stirs it in my consciousness and reminds me I am not meant to be down on the ground, grinding it out.
- Ascending is an understanding. It isn't a place you reach in time. It is something that already exists in another order of time.

- We chew on negative states like resentment, judgment, comparison, superiority, self-pity, a sense of inadequacy. And when do I start chewing on anything? When something starts chewing on me.
- The moment there's resistance, something in us wants to reconcile the condition that's blamed that pain we're in, and the attempt to reconcile the condition, to get rid of what's chewing on us, simply strengthens the sense of ourself as someone who needs to think about what's wrong.
- Exercise: When you start to feel that anger, that resentment, instead of looking around like we always do to find the culprit responsible for the conflict, can I understand as simply as possible in that moment, something is eating me alive? Because that is what's happening.
- You are meant to ascend into another order of consciousness that's already inside of you instead of living where something is always chewing on you.