



WEDNESDAY, AUGUST 18, 2021

## **Free Yourself from Useless Suffering with One Unimaginable Truth**

Key Lesson: Until we learn how to use the moments we don't want...even the moments we do want are useless other than to strengthen the illusion of - and our identification with - a false sense of self that believes it will find freedom in a time to come.

### **Talk Takeaways**

- We are born into a world in which we are taught to fear suffering.
- Fear of suffering comes with the idea that there will be a time to come in which we will no longer suffer. Fear always creates the idea of a time to come.
- The only thing that the unconscious nature knows to do with suffering is to create a "tomorrow" to escape it. Suffering is inseparable from a nature that has to have a time to come in order to be free.
- The one thing we always do in a moment of suffering is not want it.
- The only reason we suffer over any moment is because we think it shouldn't be the way it is.
- Part of useless suffering is believing that you are not responsible for the suffering.

- Useless suffering and negative reactions create the illusion that everything in the moment that you are thinking about belongs to you.
- The plans that come out of suffering never end the suffering.
- The pain is not inherent in the moment that you do not want. The suffering is born of not wanting that moment.
- The consciousness that is suffering IS the suffering that the consciousness doesn't want. Not wanting the suffering turns out to be the very suffering it doesn't want.
- The lower level of consciousness does not want anything that does not confirm the image that it has of itself.
- There is no useless psychological suffering that exists outside of resistance.
- The real answer in the face of useless suffering is to do nothing. Only by doing nothing do you see the something that is responsible for the suffering.
- The problem is not inherent in the moment. The problem is in the perceiver.
- Deal with facts, not with fears.
- Insanity belongs to a nature that is in conflict with itself.
- The moment that we hate and blame on something else is really nothing but self-hatred.