



SUNDAY, SEPTEMBER 26, 2021

Relationship Magic: Waking Up Together

Key Lesson: Here's why it makes no difference who, or at what we point the finger of blame for any mental or emotional suffering we're given to feel at the time: until we become aware of the unconscious role our own hand plays in the misery of these unwanted moments...nothing can change.

Talk Takeaways

- There is no fight with another person or with life without there being a "you" in it.
- Whatever we believe we are fighting OVER is not really what we are fighting FOR. When we see what we are really fighting for, there is a chance to walk out of the fight.
- The problem with so-called compromising is that it does nothing to change either party in the relationship.
- You cannot separate your position in an argument from identification with an image, which is also the creation of an identity that must be defended.
- We usually don't know how to feel about something unless we're told how to feel about it.
- The self that imagines itself being in control is a self that is out of control.

- When we feel challenged in any moment, what is really being challenged is an identity that feels like it will die unless it is defended.
- We believe there is something to fight over because we believe that our identity, who we are, hangs in the balance. Every fight is an attempt to protect an image and its corresponding identity.
- What fights for its identity? Something that intrinsically possesses a real identity? Or something that must derive its identity from people, places and things that are outside of itself?
- The only chance you have, the only chance the world has, is if someone stops fighting. And we stop fighting by seeing the pain in defending an image/identity.
- To attempt to do a spiritual exercise is to understand beforehand that you will not be able to succeed at it. That's the point of the exercise.
- What others do with their souls is not your concern. See that a part of you is concerned about what others are doing. Then gradually you will be able to drop that concern.
- The people that you blame for your irritation are helping to reveal the irritation that already hides in you.
- All forms of self-judgment are connected to an image we have of ourselves that is judging its performance in the moment.
- The awakening of conscience is the gateway to love.
- If we needed others to change first in order for us to change, then no one would ever change.
- The "I" that knows how things should be is the source of conflict between you and me.