



WEDNESDAY, OCTOBER 6, 2021

Transform Painful Resistance into Your Personal Spiritual Assistant

Key Lesson: The more we dwell on something that we wish wasn't so, the more we soak ourselves in negative energies created by our own resistance. The longer we soak, the more we suffer; the more we suffer, the more we resist what seems to be the unwanted event when, in truth, what we are really drowning in are the dark waves of our own un-investigated consciousness.

Two Main Points for Discovery Wednesday Group Study

#1: Unwanted moments are only as permanent as we want them to be!

#2: Our role in the continuation of useless suffering is the painful effect of having become unconsciously identified with unseen resistance that literally fixes - at once - both the unwanted moment, along with whatever "self" is suffering over it.

Talk Takeaways

- There is no such thing as a compulsion that is pleasurable.
- If every solution to our pain has proved to be useless, then the suffering that compelled us to seek the solution was equally useless. Not only are the solutions to our pain false, but so is the "self" that dreams them up.

- A problem may go away, but the nature that creates the problem does not go away.
- Resistance is the one thing that is always with us in any moment of pain.
- It hurts to "not want" because the very act of not wanting the moment is an act of separating yourself from what the moment has brought to you to show you about yourself.
- The way we see change is through a mind that measures. But there is another kind of mind that is directly participating with the changing itself.
- Unwanted moments are only as permanent as we want them to be! The perpetuation of an unwanted moment is inseparable from the degree to which we don't want that moment.
- Unwanted moments remain only as long as we continue to resist what appears within and around us. Resistance to the moment is a secret form of insisting that the moment go on and on.
- Our role in the continuation of useless suffering is the painful effect of having become unconsciously identified with unseen resistance that literally fixes -- at once -- both the unwanted moment, along with whatever "self" is suffering over it.
- The condition is not the cause of a reaction. The condition is revealing the consciousness that can only react in the way that it does.
- We need a spiritual assistant to help us turn moments of resistance into points of realization.
- When we resist an unwanted moment, what we are really resisting is our reaction to the moment. We are resisting our experience of what we don't want to be in that moment.
- Resistance is always accompanied by something that tells you what you need to do to escape the pain.

- The new action is to see that what is resisted and the nature resisting it are a singularity.
- Resistance can be turned into a spiritual assistant to help reveal the consciousness that holds onto an image of itself and therefore rejects anything that challenges that image.
- Resistance to the condition is the condition being resisted.
- You can't be any more than you already are in the moment because what you already are contains all possibilities that are intended to be revealed at the proper time.
- The only reason that I avoid any moment at all is because I am first avoiding myself.