



WEDNESDAY, NOVEMBER 17, 2021

## Letting Go of All that Troubles You Starts Here

Key Lesson: It is inevitable, but nevertheless a truth seldom realized...until too late: any troubled thought that circulates through an unattended mind will eventually run into the outstretched arms of the very suffering it's trying to escape!

Additional Key Lesson: Here's a great paradox, and anyone who can solve its mystery stands on the threshold of self-liberation: the only reason any of our troubles linger is because we've yet to illuminate the in-the-dark parts of us that keep looking for them!

### Talk Takeaways

- Our life is intended to be an infinite series of revelations of higher levels of ourselves.
- Within us lives not only what is high and light, but what is also low and dark, waiting to be revealed so that it can be healed.
- As goes my attention, so comes my experience. Attention is connection.
- To connect with something is to agree, whether conscious or not, to exchange energies with that thing.
- Learn to be aware of the tendencies of your nature before you act upon them. When you are not aware of these tendencies, you will find yourself in trouble and having to pay for it.

- Trouble doesn't follow you around... you follow a troubled nature that is always looking to escape itself.
- Connect your experience of life to what led you into that experience. The effect of the moment cannot be separated from the interior cause that led you into it. The effect is not the cause.
- Avoiding what is uncomfortable often creates the very problem you seek to avoid.
- Trouble travels with the consciousness that only sees what it wants to get for itself.
- We go looking for trouble every time we talk to ourselves. It is meaningless to talk to yourself about yourself.
- There is no light in judgment of yourself, even though it may seem like it is wise.
- A conscious human being cannot be leashed. To be on a leash is antithetical to intelligence. The way to begin throwing off the leash is to allow intelligence to show you that you are on a leash.
- In unwanted moments, see what is going on inside of you even as thought blames something outside of you.