



WEDNESDAY, FEBRUARY 2, 2022

How to Never Feel Stuck in Life Again

Key Lesson: Any part of us that wants to give us good reasons why we are stuck somewhere in life is secretly a partner in that pain it first protests, and then seems to resist. To see the truth of this insight sets the stage for how to never feel stuck again.

Talk Takeaways

- Something calls to you all the time to establish and strengthen a relationship with another order of consciousness. This communication sends message after message in order to bridge the worlds within you.
- When you hear something true that stirs you, do not let it pass by without attempting to draw closer to it.
- Until you see the way you are without hiding from the revelation, you will remain as you are.
- We can't feel stuck without a negative reaction coming before it.
- You feel stuck when the present moment doesn't confirm the image you have of yourself.
- Nothing is ever fixed because the Creator is always acting upon creation. Only something that is outside of creation in imagination can remain fixed.

- It is impossible for a human being to ever be stuck in the present moment.
- The reason we get stuck in the past -- in imagination, in thought -- is because the very part of us that feels stuck is always trying to change it.
- You cannot get yourself unstuck by thinking about the problem from the consciousness that derives its life from the feeling of being stuck.
- Every moment is a moment of change. That's what life is.
- What we are stuck in is a consciousness that only knows want/not-want -- serving two masters, loving one and despising the other.
- You get stuck in the illusion that you are never supposed to feel stuck, in the thought that you should never be that kind of person.
- The awareness of consciousness is what changes consciousness.
- The observer resisting what is observed, perceived to be outside of itself, is the root source of conflict.
- Don't just think about these principles. Live them.