



WEDNESDAY, MARCH 9, 2022

## **How to Escape the Trap of Wants Without End**

Key Lesson: We can either resign ourselves to the negative experience of encountering one unwanted moment after another, or we can work to see - and free - ourselves from an unconscious nature that loves to arrange these meetings of the always miserable kind.

### **Talk Takeaways**

- Plans to escape from unhappiness come from a consciousness that is arranging events for the very purpose of making you unhappy.
- Beauty is not something that a human being imagines. Beauty is a relationship with reality that already exists in consciousness waiting to be revealed.
- When you really see something, then all questions about what you should be doing in the moment are put to rest.
- There is no freedom to be found in wants without end. Wanting is the very captivity that disguises itself as freedom.
- Avoiding does nothing but postpone the inevitable revelation that it is impossible to avoid yourself.

- Anything that is thoroughly understood will not repeat itself. The seeing of a fact is the seed of liberation.
- Wanting to be seen as something, while at the same time not wanting to be seen as something else, is conflict.
- A new, reconfigured desire always appears to replace an old desire that is thwarted.
- The past doesn't have a hold on you. Something in you has a hold on it.
- When the only thing that you can see is what you don't want, what you are really looking at is the past, a memory.
- Resistance does not serve the freedom that it intimates should be ours.
- The mind resists its own images and memories, and then seeks to find freedom from that very feeling of resistance.
- It is impossible to let go of the past by not wanting it. Not wanting the past is what holds onto the past.
- Thinking about how to put an end to a conflict-filled desire comes forth from the desire itself. The desire to not have a desire is conflict.
- What you imagine life should be is what is keeping you from having a real life.
- You should try to get everything that you want and deny everything that you don't want... so that you can finally see that it can't be done.
- Getting what you want doesn't put an end to want. Getting away from what you don't want doesn't put an end to not-want.