



WEDNESDAY, MARCH 23, 2022

## **Start Looking in the Right Place to Find Self-Liberation**

Key Lesson: The spiritual body that alone can transform the pressure of unconscious opposing forces - that learns to use them for the continued realization of its own innate perfection - is further developed each time we struggle, as needed, to remember that nothing in this world (or the next) has the right to turn our own attention against us.

### **Talk Takeaways**

- Everything that takes place in creation is the expression of a Divine principle.
- When engaging in physical exercise, there is an agreement to meet and go through resistance. The same thing holds true spiritually/psychologically.
- On the other side of the resistance is the flow. On the other side of the resistance is the grow.
- The real world is a world of infinite, ceaseless influences acting on creation.
- The bigger the storm, the greater the opportunity for the spiritual aspirant.
- The first thing the mind does in a moment of disturbance is look for someone or something to blame, search for a reason for the disturbance, find an explanation.

- The moment of maximum resistance is the moment of maximum revelation.
- The last place that our consciousness looks to find the root cause of the disturbance it is feeling is at itself. A negative reaction always points outside of itself to justify itself.
- Stay with the pain of any disturbance instead of running off to wherever thought is pointing in order to avoid the pain.
- A fearless life understands that everything that happens is meant to be used to enter into a greater measure of self-liberation.
- The consciousness that has no awareness of itself resists anything that challenges its image of itself and the moment.
- There is only one thing that is really at the heart of everything that troubles you, and that is YOU.
- "Resist not evil" is properly expanded to mean "Do not oppose what opposes you."
- The intelligence that is built into awareness will not act against itself. The development of attention connects us to that intelligence.
- There is no need to try to figure out another person's pain if you are aware of your own.