



SUNDAY, APRIL 24, 2022

How to Wake Up and Walk Out of Any Dark Moment

Key Lesson: It is a distinct stage in the development of the aspirant when -- rather than being easily distracted by some imagined consolation for his pain, or by concluding who is to blame for it - his first and real preference in that dark moment is to increase his awareness of his condition, and not to find ways around it.

Talk Takeaways

- The way you walk out of dark moments is that you stop walking into them. So-called dark moments cannot be separated from who and what you think you are in those moments.
- We cannot separate a dark moment from the unconscious resistance to that moment.
- What we call a dark moment cannot be separated from the level of consciousness that meets and reacts to that moment.
- You cannot change yourself by not wanting to be yourself.
- The reaction to a moment is not separate from the content of the consciousness that was stirred by the influence that touched it.

- Suffering continues because of the belief that we are separate from the event that stirred us into a negative reaction.
- When we see that there is no difference between us and the event, then there is no compulsion to change the event.
- If you stop trying to change the individual parts that make up an unwanted moment, then your relationship to the moment changes.
- So-called dark moments continue to bother us because we have never tried NOT trying to change our relationship to those unwanted moments.
- Negative reactions are the unaware consciousness trying to change the event that it perceives to be different than itself. You are not different from what you react to.
- Who we are in reality is ALL the parts that we see and experience in any given moment. The observer is the observed.
- The reaction comes out of the content of consciousness. The reaction cannot change the content that it comes out of.
- Our lives are so taken up with things to do, being busy, that we forget to first be the witness of life.
- Understand that dark moments do not exist without you having been drawn into them. Be the observer of the moment instead of trying to change it.