



WEDNESDAY, MAY 18, 2022

## The Strength You Need to Say Goodbye to Any Personal Weakness

Key Lesson: All attachments are secret heartaches disguised as lovers.

### Talk Takeaways

- We change for the better only in proportion to our willingness to accept what is revealed to us about ourselves.
- There cannot be any useless suffering without unconscious identification.
- The root of all suffering is within consciousness, not within the thing outside of ourselves that is blamed for the pain.
- There is no intelligence in identification with a reaction. The identification makes the reaction personal and painful.
- Identification with a condition prevents the true understanding of the condition.
- Your identity becomes a derivative of a reaction whenever there is no awareness of the reaction.
- Our experience of life in any moment is the product of what we are attending to.

- You can't have an image of how other people should be without being in pain whenever they are not that way.
- The more that you suffer unconsciously over something, the more certain you become about the reason for that suffering.
- Weakness says that the weakness of others is the cause of its own weakness.
- The weaknesses that are inherent in the seven deadly sins (pride, greed, lust, envy, gluttony, wrath, and sloth) are all produced by identification with an image of some sort.
- You will assume the shape and form of any reaction taking place unless you are aware of the fact that something is talking to you.
- The strengthening of an identity derived from identification with an image is a weakness.
- Judgment masquerades as awareness when there is no awareness of judgment.