



SUNDAY, JUNE 5, 2022

The Power to Put Painful Thoughts Behind You Once and For All

Key Lesson: Realized or not...our path (through life) is largely set by unseen parts of ourselves, and we tend to blindly follow wherever they lead. Only the realization of this fact has the power to change the kind of actions we take, beginning with the choices that initiate them; where rather than struggling to come up with the right way to answer any "disturbing" moment, our new choice is to look into the mind telling us that it's wise to fear what we don't know. Only as we dare to stand in this new kind of unknowing are we free to see whether these familiar thoughts serve us truly...or not.

Additional Key Lesson: A living question can only be fulfilled by living its answer...that can only be realized in the Living Now.

Talk Takeaways

- The more we think about the purpose of our life, the more we fear any moment that comes along to show us that our certainty is mistaken and misguided.
- Why is it that we allow thoughts to lead us around, when we ought to be the conscious decider which thoughts we will or will not entertain?

- There is only one way to win real freedom from painful thoughts and feelings, and that is to realize they are not your thoughts... and so neither is the pain of the world those thoughts help create and sustain.
- When you believe that each thought is your own, then you have no choice but to follow wherever it leads.
- The mind works against itself through its actions because it does not know that it isn't aware of the whole.
- We are conditioned to believe that it is our duty to answer any question that appears in our mind. A question forms when there is unseen resistance to an unknown moment.
- We are created to be able to see into and walk through the content of our own consciousness. We are created with the capacity to be aware of our consciousness.
- The real reason any moment is unwanted and then resisted is because a moment that is unknown meets a mind that believes it knows everything about how the moment should be.
- Using thought to get through a disturbing moment is looking to the past to understand the present.
- The actual moment is unknown, but presently for us every moment must be categorized and recognized as something that has been experienced before.
- The mind is addicted to the need to know without doubt.
- We can't see that the mind is following a circular line of thoughts, and all of that is happening in the body of time.
- "Catch the devil behind the 12th tree." The number 12 is known as a number of authority. We must catch the unconscious divided self behind the question that appears in the moment of disturbance to answer the disturbance. More simply: we must catch the unconscious self behind the question it is asking.

- A living question can only be fulfilled by living its answer... that can only be realized in the Living Now.
- Leave the moment unknown. Leave the moment alone. Catch the temptation to try to complete the moment through thought.