



SUNDAY, JUNE 12, 2022

## The Power to Put Painful Wants Behind You

Key Lesson: It's the rare dog, indeed, that doesn't dream about - and then chase after - a "bone."

### Talk Takeaways

- Not wanting to see something that is right in front of you is willful ignorance. You have to be willing to see the truth that you don't want to see.
- There is no such thing as a painful want that is natural.
- The constant state of "I want" goes before you to make the straight places crooked.
- When you meet a moment that you don't want, you immediately know what you DO want in order to bring an end to what you DON'T want.
- Who are you without what you want? Presently, your overriding identity is intimately connected to what you want / don't want.
- The number of wants that you carry around with you is proportionate to the number of things you don't want.
- Whatever you do through thought (through the content of your past) to fill the hole in your soul only serves to make the hole bigger.

- Something in you wants the painful feeling of not wanting.
- "How do I get what I want?" is the same question as "How do I get rid of this disturbance?"
- An incomplete consciousness asks incomplete questions that solidify its divided state.
- Temptation is almost always connected to the attempt to complete yourself, to get what you want and at the same time get away from what you don't want.
- Learn what it means to be conscious of a desire so that it does what you have asked it to do. Otherwise, without awareness, the desire that appeared naturally becomes unnaturally painful and makes you its prisoner.
- To be in this world only is to be a captive of the purgatory of wants and not-wants.
- Fear over what is going to happen tomorrow is connected to what you want.
- Want and not-want are already a singularity, yet perceived as separate things through the eyes of the divided mind.
- You cannot have freedom from a condition without first being free from the captivity of the consciousness that plays a role in creating that condition.
- The next time that you are on fire with a want, see what that want is making out of you.
- Genuine consolation is built into awareness of every single moment as it is.